

Country Cookbook



First United Methodist Church

Norwood, N.C.

C641.5
C856F

THE LIBRARY OF THE
UNIVERSITY OF
NORTH CAROLINA
AT CHAPEL HILL



THE COLLECTION OF
NORTH CAROLINIANA

PRESENTED BY

Janis Holder

C641.5
C856f

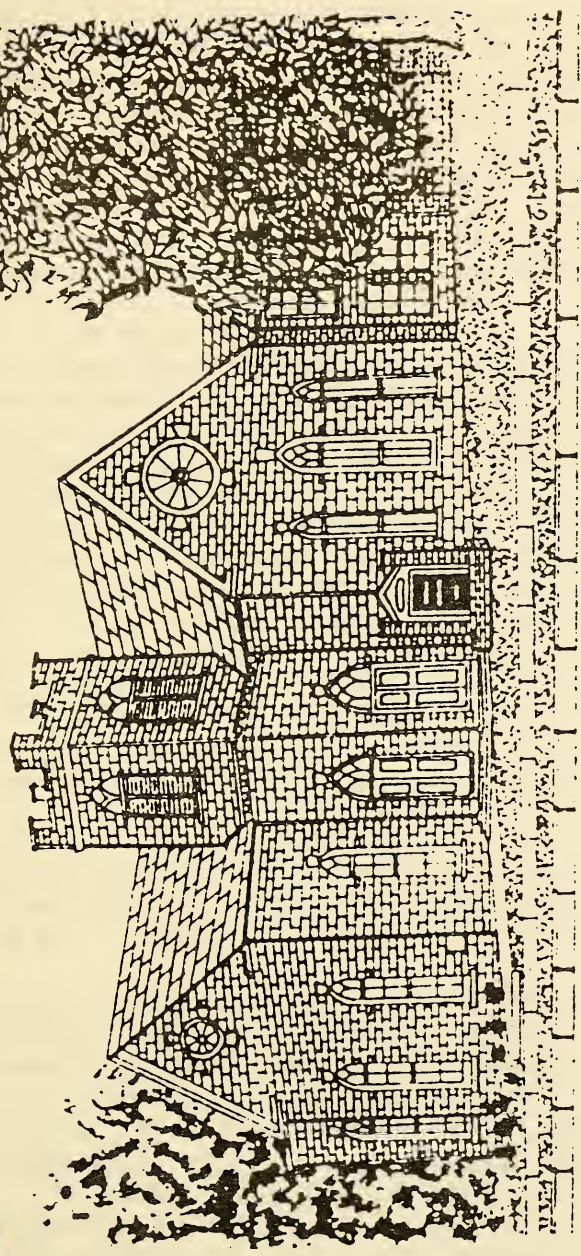
C641.5
C856f

Norwood, North Carolina

First United Methodist Church

GIFT, JANIS HOLDER

HCC
NOV



A BRIEF HISTORY OF THE CHURCH

Although, the earliest record of the First United Methodist Church of Norwood is dated 1825, it is believed that Methodists were active and conducting camp meetings before that. George Kendall deeded five acres of land (as Norwood was then known) for the purpose of building a place of worship. That first church was built between 1820 and 1825 of logs with a large fireplace at one end and a pulpit at the other.

The Center Circuit formed in 1833, as a part of the South Carolina Conference, consisted of Norwood, Bethel, Randall, Salem, Stony Hill and Albemarle. In 1847, the churches in Stanly County were put in the newly formed Albemarle Circuit, still a part of the South Carolina Conference. In 1870, South Carolina gave up the churches west of the Pee Dee River.

In the 1880's the present church building was erected with Frank Ivey, Whitman Smith, Eli Lentz, Thomas Colson, Jr., Eli Shankle and T.A. Lowder making up the Building Committee. Mr. Ivey served as Building Contractor. The curved beam ceiling which excited builders and engineers was Mr. Ivey's concept and remains in place today along with the sills donated by Jacob and Eli Shankle, hewed by Jacob with a broad axe.

In 1890, Norwood was removed from the Albemarle Circuit by the Western North Carolina Conference and, along with Randall, Rehobeth, Mt. Zion and Cedar Grove, became the Norwood Circuit in the Salisbury District.

By 1894 a new Circuit parsonage in Norwood was ready-valued at \$1100 with a garden and four years later, a stable. A classroom was authorized to be built to the church in 1910. Committee: J. F. Shinn, J. D. Lee, V. L. Shankle and E. M. Harris. A lighting system was installed in 1912. Committee: B. F. Ivey, G. T. Dunlap, and C. A. Lentz.

The cemetery was moved from the church lot to the Town Cemetery in 1915. In 1917 the church was renovated, a Sunday school annex added, the tower rebuilt, a new bell installed and the whole brick

veneered. There was new lighting and hot air furnace. Cost of renovations was \$6500. In 1921, Norwood became a separate Station with a full-time pastor, C. M. Short.

In 1949 a drive began which culminated in another renovation of the church and a new parsonage.

Committee: D.E. Lefler, L.E. Dry, J.C. Guffy, J.L. Lee and M.V. Lowder. In 1960, the churches in Stanly, Union and Anson were made the new Albemarle District. In 1976 new pews were bought, carpet laid and the sanctuary refurbished. In 1985, the Fellowship Hut and kitchen were enlarged with the addition of two restrooms.

Women in the Church have been active during these years, growing from a local Ladies Aid Society to the Women's Foreign Missionary Society that became the Women's Society of Christian Service, that in turn, became the present United Methodist Women.

Members of the Church have gone out as Ministers, Deaconesses, Directors of Christian Education and one missionary to China, Miss Louise Avett. Our Church has a fine heritage that will continue as our members grow in Christian love by the grace of God.

EXPRESSION OF APPRECIATION

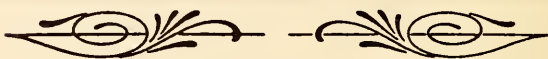
The First United Methodist Church would like to thank and express its sincere appreciation to the many people in the community who gave so generously of their time and energy in collecting and submitting recipes. Without their help, this book would not have been possible.



Page

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Published and Printed By
Fundcraft Publishing, Inc.
P.O. Box 340
Collierville, TN 38017



All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form, or be reproduced by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review for magazine, broadcast or newspaper.

Copyright© 1984 by Fundcraft Publishing, Inc.
Book Publishers Since 1909

Specializing in Fund Raising Programs for Church, Civic Organizations and Schools

Appetizers, Relishes & Pickles



Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

APPETIZERS, RELISHES & PICKLES

SAUSAGE-CHEESE TIDBITS

1 lb. sausage
1 lb. sharp Cheddar cheese

3 c. Bisquick

Mix all ingredients well; form into small balls. Bake at 325° for about 20 minutes or until done.

Pat Reid

SAUSAGE BALLS

4 c. Bisquick baking mix
1/2 lb. sausage

10 to 16 oz. shredded Cheddar
cheese

Mix well and roll into small balls. Put on ungreased cookie sheet. Bake for 15 minutes. May be frozen before cooked; layer balls with waxed paper.

Susie Bowers

SPICED NUTS

1 egg white
2 2/3 c. pecans or walnuts
3/4 c. sugar

1 Tbsp. cinnamon
3/4 tsp. salt
1 tsp. water

Slightly beat egg white and combine water. Add nuts, toss to coat. Add sugar, cinnamon and salt. Add to nuts, toss until all are well coated. Place in single layer on lightly greased baking sheet. Bake in 300° oven for 20 to 25 minutes. Remove and cool on wax paper. Break up large clusters. Makes approximately 4 1/2 cups.

Faye Holton Hart

BUTTERED PECANS

1/2 stick butter or margarine
4 c. pecans

salt to taste

Melt margarine. Add pecans and stir well. Toast 15 minutes in 400° oven. Watch closely and stir if needed. Add salt to taste.

Lela Maude Lowder

SUGAR COATED PEANUTS

2 c. raw peanuts
1 c. sugar

1/2 c. water

Bring sugar and water to boil. Add peanuts. Pour on ungreased pan. Bake for 5 to 10 minutes at 350°, stirring every 5 minutes.

Susie Bowers

BAR-B-QUE MEAT BALLS

1 lb. ground beef
1/2 c. milk

1 c. bread crumbs

Sauce:

1/2 c. catsup
1 tsp. salt and pepper
1 1/2 tsp. Worcestershire
sauce
1/8 c. vinegar

3 Tbsp. sugar
1/2 c. water
1/2 c. green pepper, chopped
1/2 c. onion, chopped

Mix ground beef, milk and bread crumbs. Form into balls. Mix ingredients for sauce and pour over balls. Bake about 45 minutes at 375°.

Evelyn Guffy

MEAT BALLS

1 lb. ground chuck steak or 1
lb. lean hamburger
1 c. cracker crumbs
1/2 c. catsup
1 c. chopped onion
1 tsp. black pepper

1 tsp. salt
1/4 c. vinegar
3 Tbsp. brown sugar
1/2 c. catsup
2 tsp. Worcestershire sauce

Mix ground chuck or hamburger, cracker crumbs and 1/2 cup catsup together. Shape into small balls. Place in baking dish and pour over them a mixture made of 1/2 cup catsup, onion, pepper, salt, vinegar, brown sugar, catsup and Worcestershire sauce. Cook in moderate oven until meat balls are cooked through.

Nell Colson

SPINACH DIP

8 oz. sour cream
1 pkg. Knorr vegetable soup
mix

1 pkg. frozen chopped spinach,
thawed and drained
1 c. mayonnaise or to taste

Mix all ingredients and refrigerate overnight. May be used for sandwiches on pumpernickel bread.

Helen L. Garner

CREAM CHEESE SPREAD

1 (8 oz.) pkg. cream cheese
1 pkg. dried beef, chopped

1 small onion, chopped
1 tsp. Worcestershire sauce

Chop beef and onion and combine with other ingredients. Refrigerate and serve on crackers.

John W. Thompson

CHEESE BALL

2 (8 oz.) pkg. cream cheese
1 c. grated Cheddar cheese

1 envelope Hidden Valley
buttermilk dressing mix
chopped nuts

Mix cream cheese, Cheddar cheese and dressing mix. Shape into ball or log and roll in nuts.

Lisa Davis

VEGETABLE-CHEESE BALL OR DIP

2 (8 oz.) pkg. cream cheese
1 c. finely chopped pecans
2 Tbsp. finely chopped onion
1 (8 1/2 oz.) can crushed
pineapple

1/4 c. finely chopped green
pepper
1 Tbsp. seasoned salt
(McCormick preferred)

Thoroughly drain pineapple, squeezing out all liquid possible. Cream cheese and pineapple. Add other ingredients. Form into ball or place in dish for dip. Serve with salted crackers.

Gail T. Bunn

CHEESE BALL

8 oz. cream cheese
1/2 pkg. Cracker Barrel sharp
Cheddar cheese

1 small jar dried beef,
chopped
green onions, grated

Combine ingredients and shape into ball. Roll in chopped pecans.

Susie Bowers

CHEESE BALL

1 (3 oz.) pkg. cream cheese
1 (8 oz.) pkg. cream cheese

1 pkg. Hidden Valley
buttermilk salad dressing
mix
chopped pecans

Mix both packages of cream cheese with salad dressing mix; form into one large ball or two small ones. Roll in chopped nuts and wrap in plastic wrap.

Margaret Lisenby

DEVEILED BISCUITS

1 (8 oz.) can refrigerated
biscuits
1/4 c. margarine

1 (4 1/2 oz.) can deviled ham
1/4 c. grated Parmesan or
sharp Cheddar cheese

Snip biscuits into quarters. Arrange in two round 8-inch baking pans. Heat together margarine and deviled ham, stirring until blended. Pour ham mixture evenly over biscuit pieces. Sprinkle with cheese. Bake at 400° for 15 minutes. Serve hot. Makes 40 appetizers or serve with scrambled eggs.

Margaret Lisenby

SQUASH RELISH

6 large yellow squash
4 large onions
3 sweet peppers
2 hot peppers
1 c. cold water

1/4 c. salt
2 1/2 c. vinegar
2 1/2 c. sugar
3/4 tsp. turmeric
1 Tbsp. celery seed

Grind squash, onions and peppers in food chopper. Cover with salt and cold water. Let stand 1 hour. Drain and rinse. Bring to boil vinegar, sugar, turmeric and celery seed. Add squash, peppers and onions and boil 10 minutes. Put in pint jars (sterilized and hot) and seal. Yields 6 to 7 pints.

Miriam J. Sims

QUICK CORN RELISH

1/4 c. sugar
1/2 c. vinegar
1/2 tsp. salt
1/2 tsp. celery seed
1/2 tsp. mustard seed

1 can whole kernel corn,
drained
2 Tbsp. chopped green pepper
1 Tbsp. chopped pimento
1 Tbsp. minced onion

Combine sugar, vinegar, salt, celery seed, mustard seed and corn in saucepan; bring to a boil. Boil for 2 minutes. Combine with remaining ingredients. Chill. Flavor improves on standing. Yield: about 1 2/3 cups.

Mildred Lee

SWEET PEPPER RELISH

12 green peppers
12 red peppers
4 hot peppers
1 bunch celery
12 large apples

2 lb. onions
1 1/2 qt. vinegar
2 lb. sugar
2 Tbsp. salt
1 qt. water

Peel and chop apples and celery. Grind onions and peppers in

food chopper. Dissolve salt in 1 quart water. Mix all ingredients and let stand 1/2 hour. Drain. After draining, add sugar and vinegar. Cook for 1 1/2 hours. Seal in hot sterilized pint jars. Makes 8 pints.

Miriam J. Sims

KOSHER DILL PICKLES

3 qt. water	1/2 hot pepper
20 to 25 medium cucumbers,	1 clove garlic
soaked in ice water	2 beads dill or 1 tsp. dill
overnight	seed
1 qt. vinegar	1 grape leaf per jar
1/8 tsp. alum	1/2 c. salt

Pack in hot jars; grape. leaf on top. Seal.

Ruth Clayton

BOB'S DILL PICKLES

2 1/2 lb. small cucumbers	3 qt. water
fresh dill heads or dill seed	whole mustard seed
garlic cloves	alum
hot red peppers	sterilized and hot qt. jars (5
3/4 c. pickling salt	or 6)
4 c. cider vinegar	

Wash cucumbers and cut off blossom end. To each quart jar add 1 large dill head or 1 teaspoon dill seed, 1 clove garlic, 1 small hot pepper, 1/2 teaspoon mustard seed and 1/8 teaspoon alum. Pack cucumbers in jars, leaving 1/2-inch head space. In gallon container combine salt, vinegar and water and bring to boil. Pour mixture over cucumbers leaving 1/2-inch head space and adjust lids tightly. Process in boiling water bath 10 minutes.

Bob Sims

CUCUMBER CINNAMON RINGS

large cucumbers (make 2 gal. rings)	1 Tbsp. salt
2 c. dehydrated lime	2 c. vinegar
8 1/2 c. water or more	2 c. water
1 c. vinegar-water	10 c. sugar
1 bottle red food coloring	8 sticks cinnamon
	1 pkg. red hot candies or 1 c.

Peel cucumbers. Cut into rings and remove seeds. Put 2 gallons of rings in large crock or enamel pot. Add 2 cups lime and water, enough to cover. Let stand 24 hours. Drain.

Wash rings well in cool water and cover with cool water. Let soak 3 hours and drain. Add 1 cup vinegar, 1 bottle red food coloring and 1 tablespoon salt with water to cover. Heat and simmer on low heat for 2 hours. Drain.

Make syrup with 2 cups vinegar, 2 cups water, 10 cups sugar and 1 package or 1 cup red hot candy. Bring to boil. Pour over cucumbers. Cover and let stand overnight. Drain. Reheat syrup to boiling. Put rings in jars. Pour boiling syrup over them and seal.

Nell Colson

<<< Extra Recipes >>>

Soups, Salads & Sauces



Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely
chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage
cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and
dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before
storing: chill well before using.

To core lettuce, smack head stem end
down on counter top. Then twist the core
out.

It is better to tear greens into bite-sized
pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad
since their juices thin the dressing and
wilt the greens. Using them only for
garnishing the salad bowl.

Select only firm, hard, green cucumbers.
The skin should have a slight sheen, but
if it is highly polished, it is probably
waxed and should be removed.

Use wild greens such as dandelion, sorrel
or winter cress for a different flavor and
texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes
cooked in their jackets and peeled and
marinated while still warm. Small red
waxy potatoes hold their shape when
sliced or diced and do not absorb an
excessive amount of dressing or become
mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese
pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded
crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast,
sour pickles, oyster crackers, bread
sticks, relishes, toasted garlic bread.

SOUPS, SALADS & SAUCES

HOT POTATO SOUP

4 c. diced potatoes
1 medium onion, chopped
4 Tbsp. vegetable oil
1 1/2 c. chopped cooked
chicken

1 c. chicken broth
2 tsp. parsley flakes
2 tsp. salt
1 (13 oz.) tall can Pet
evaporated milk

Coat potatoes and onions with oil in hot saucepan. Add chicken, chicken broth, parsley and salt. Heat to boiling. Lower heat. Cover. Simmer until potatoes are tender, about 30 minutes. Stir in Pet milk. Serve HOT. Makes 6 servings, 1 cup each.

Polly Mabry

BROCCOLI SOUP

3/4 c. chopped celery
1/4 c. chopped onion
2 Tbsp. oleo, melted
2 (10 oz.) pkg. chopped
broccoli

2 c. chicken broth
1 c. milk
1/2 tsp. salt
1/4 tsp. pepper

Saute celery and onions in oleo in skillet. Add broccoli and broth. Bring to a boil. Cover and simmer 5 minutes. Cool. Place in blender 1/2 at a time and mix well. Pour into saucepan and stir in milk, salt and pepper. Place on low heat until completely heated. Makes about 5 1/2 cups.

Miriam J. Sims

PEEL-A-POUND SOUP

1 head cabbage
6 large onions
1 bunch celery

1 pod green bell pepper
1 large can tomatoes

Cut vegetables. Cover with water and boil 10 minutes or until vegetables are soft. Eat over rice. You may add Parmesan cheese and soy sauce if desired.

Mary Frances Colson

HOMEMADE VEGETABLE SOUP

Begin with 1 pint of homemade soup starter consisting of tomato, corn, okra or make it at time of cooking. Add:

1 quart tomato juice

sliced cabbage head edges

3 cubed potatoes
1 thinly sliced onion
1 diced stalk celery
1 diced carrot

1/2 c. dry rice
1 can Van Camp's pork and
beans
3 Tbsp. brown sugar

Add any other appropriate leftovers from "fridge". Simmer all vegetables together until done. Then add precooked meat, such as sausage, beef or hamburger. Salt to taste. Is great with cornbread or crackers.

Sammie Ussery

HAM AND CANNELLINI SOUP

2 (19 oz.) cans cannellini
(white kidney beans),
drained
1 1/2 c. chicken broth

1/2 c. chopped celery
2 oz. (1/2 c.) fully cooked
smoked ham, chopped
black pepper to taste

In food processor or blender puree one can of beans with 3/4 cup chicken broth. Scrape into a medium-sized saucepan; stir in remaining beans and broth, celery and ham. Bring to a boil over medium heat. Cover and simmer 15 minutes. Season with pepper. Ladle into bowls. Sprinkle with onion. Makes about 5 cups or 4 servings.

Susie Bowers

JUNKYARD SALAD

1 can cherry pie filling
1 can crushed pineapple,
drained
1 can Eagle Brand milk

2 c. miniature marshmallows
1 c. chopped pecans
1 (8 oz.) container frozen
whipped topping

Mix ingredients in order: cherry pie filling, pineapple, milk, marshmallows, pecans and whipped topping. Pour into 13 1/2 x 8 3/4 x 1 3/4-inch dish. Refrigerate until set.

Lila Weathersbee

FRUIT SUPREME

1 can pineapple chunks
1 can Mandarin oranges
1 can fruit cocktail
1 can coconut

2 Tbsp. lemon juice
1 box instant lemon pudding
mix (use dry)
2 bananas, sliced

Slice in bananas just before serving. Mix together and chill. Do not drain fruits.

Carolyn Trail

YUMMY SALAD OR DESSERT

1 medium-size container Cool Whip

1 can Eagle Brand milk

1 (No. 2) can crushed pineapple, juice and all

1 pkg. frozen strawberries (in syrup)

4 medium bananas, diced

Mix Eagle Brand milk and Cool Whip thoroughly. Add frozen strawberries (partly thawed), pineapple and juice and bananas. Pour into 13 x 9-inch Pyrex dish. Freeze.

Sarah Lee

STRAWBERRY SALAD

1 1/2 c. boiling water

2 pkg. strawberry jello

1 to 1 1/2 pkg. frozen strawberries

1 c. crushed pineapple

1/2 c. pecans, chopped

1 c. sour cream

Note: A little Cool Whip may be added to sour cream.

Fix jello and add berries. Chill until slightly congealed. Add pineapple and nuts and put 1/2 of mixture in mold or Pyrex pan. Chill. When set, fold sour cream into remaining mixture and pour over the jello which is already set. Serves 12.

Cindy Beane

GREEN SALAD

2 boxes lime jello

2 c. hot water

1 small jar diced pimento

1 (3 oz.) bar cream cheese

1 small can crushed pineapple

1 c. broken pecans

1 small carton whipped topping

Make up jello with hot water. Let this cool. Mash cream cheese in pineapple and heat slowly until not in lumps. Add this to jello mixture. Add pimento, nuts and whipped topping. Congeal overnight. Serves 12 to 15.

Margaret Skidmore

APRICOT CHEESE SALAD

1 (20 oz.) can apricots, drained and chopped

1 (29 oz.) can crushed pineapple, drained

2 (3 oz.) pkg. orange gelatin

juice from apricots and pineapple with water to make 3 c.

3/4 c. miniature marshmallows

Topping:

1/2 c. sugar

2 Tbsp. butter

1 egg
 3 Tbsp. flour
 1 c. apricot or pineapple juice

2 c. whipped topping
 3/4 c. grated Cheddar cheese

Chill fruit. Dissolve gelatin in hot juice and water. Fold in fruit and marshmallows. Pour into a 9 x 13-inch glass dish and chill until firm. Add topping.

Topping: Combine sugar, egg, flour and juice in top of double boiler. Cook until thick. Stir in butter. Let cool. Fold in whipped topping and spread over gelatin. Sprinkle with Cheddar cheese.

Alma Rutledge

ORANGE SHERBET SALAD

1 (6 oz.) pkg. orange gelatin
 1 c. boiling water
 1 pt. orange sherbet
 1 can Mandarin oranges,
 drained

1 c. heavy cream, whipped
 1 (8 oz.) can crushed
 pineapple, drained
 1 c. small marshmallows

Dissolve gelatin in hot water. Add sherbet and mix well. When partially set, add orange pieces, pineapple and marshmallows. Fold in whipped cream. Pour into 1 1/2 to 2-quart mold. Chill until set.

Mildred Lee

CORN CHOWDER

1 c. chopped onion
 1/2 c. chopped celery
 2 Tbsp. margarine, melted
 3 c. corn
 1 1/2 c. peeled and cubed
 potatoes
 1 1/2 c. water

2 chicken flavored bouillon
 cubes
 1 tsp. salt
 1/4 tsp. pepper
 1/4 tsp. dried whole thyme
 2 c. milk
 1 c. half and half

Saute onion and celery in butter until tender. Stir in margarine, corn, potatoes, water, bouillon cubes, thyme, salt and pepper. Cover and simmer 15 minutes. Add milk and half and half. Cook, stirring constantly until thoroughly heated.

Betty Shankle

ORANGE-PINEAPPLE SALAD

2 small boxes orange jello
 1 c. hot water
 1 c. cold water
 1 (6 oz.) can frozen orange
 juice concentrate
 1 large can crushed pineapple
 and juice

1 small can Mandarin oranges,
 drained
 2 small boxes vanilla instant
 pudding
 2 c. cold milk
 1 (8 oz.) carton Cool Whip

Dissolve both boxes of jello in the hot and cold water. Add thawed orange juice concentrate. Add crushed pineapple with juice and

Mandarin oranges, drained. Mix well and gel in refrigerator. When mixture has thickened, top with the following: mix both boxes pudding with 2 cups cold milk until thickened. Fold in Cool Whip. This is a very refreshing summertime salad.

Pam Lisenby

PINEAPPLE CHIFFON SALAD

1 small can crushed pineapple
2 (3 oz.) pkg. peach jello
2 c. buttermilk

1 (8 oz.) carton Cool Whip,
thawed

Place crushed pineapple with juice in saucepan and bring to a boil. Add gelatin and stir until dissolved. Add buttermilk and Cool Whip. Chill until set.

Pam Lisenby

BLENDER CONGEALED SALAD

1 (16 oz.) can pears
1 c. juice from pears
1 (3 oz.) box lime gelatin

1 (8 oz.) pkg. cream cheese
1 (8 oz.) carton lemon yogurt

Drain pears. Boil 1 cup of pear juice (add enough water to make 1 cup, if necessary). Dissolve gelatin in boiling juice, cool slightly, then pour into blender container. Turn on blender for a few seconds at a medium speed. Add pears and blend. Add cream cheese and yogurt and blend until light in color and thoroughly blended. Pour into dish and refrigerate until firm. May also use lemon, strawberry or tropical fruit flavored gelatin.

Elisabeth Penry

CRANBERRY SALAD

1 large pkg. cherry jello
2 c. boiling water
1 large can whole berry
cranberry sauce

1 large can crushed pineapple
with juice
1 c. diced celery
1 c. sugar
1 c. chopped pecans

Mix jello, sugar and cranberry sauce in boiling water. Cool and add other ingredients. Refrigerate until congealed.

Jean Riggins

CRANBERRY SALAD

1/2 lb. raw cranberries,
ground
1 c. sugar
1 pkg. cherry jello

1 c. orange juice
1 small can crushed pineapple
3/4 c. crushed nuts
1 c. celery, cut fine

1 pkg. plain gelatin
1/2 c. boiling water

pinch of salt
2 Tbsp. cold water

Mix ground cranberries and sugar and let stand 1 hour. Meantime, dissolve jello in boiling water. Add gelatin which has been dissolved in 2 tablespoons cold water. When jello is cool, mix all ingredients together. Pour in mold which has been sprayed with Pam. Can be made several days ahead. Keep refrigerated. Serves 12.

Miriam J. Sims

CRANBERRY SALAD

1 qt. cranberries
2 oranges
2 apples
1 c. sugar

2 (3 oz.) pkg. cherry jello
2 1/2 to 3 c. boiling water
1 c. chopped pecans

Grind oranges (skin and pulp) and cranberries or chop fine. Coarsely chop apples. Add apples and sugar to cranberry mixture. Thoroughly dissolve jello in boiling water. Cool. Add to mixture. Stir in nuts. Pour into molds and chill.

Jo Avett

CRANBERRY SALAD

1 (8 oz.) pkg. cream cheese
2 Tbsp. salad dressing or
mayonnaise
2 Tbsp. sugar
1 (8 oz.) can cranberry sauce

1 (8 1/4 oz.) can crushed
pineapple
1/2 c. chopped nuts
9 oz. Cool Whip

Mix all ingredients together and put in cupcake cups and freeze. Let thaw 30 minutes before serving.

Ann Lowder

BLUEBERRY SALAD

2 pkg. raspberry gelatin
2 c. boiling water
16 oz. frozen blueberries
1 large can crushed pineapple
1 (8 oz.) pkg. cream cheese

1/2 c. sugar
1 (8 oz.) carton sour cream
1/2 tsp. vanilla
1/2 c. chopped nuts

Dissolve gelatin in boiling water. Add blueberries and stir until melted. Add pineapple and stir well. Pour into shallow rectangular dish. Chill at least 2 hours. Stir cream cheese and sugar together until fluffy. Blend in vanilla and sour cream. Spread over congealed gelatin mixture. Sprinkle top with nuts. Chill thoroughly. Cut into squares.

Lucy A. Lanier

BLUEBERRY SALAD

Filling:

- | | |
|---|--------------------|
| 1 (No. 2) can crushed
pineapple, not drained | 2 pkg. grape jello |
| 1 (No. 2) can blueberry pie filling | 2 c. boiling water |

Topping:

- | | |
|-----------------------------|--------------|
| 1 (8 oz.) pkg. cream cheese | 1/2 c. sugar |
| 1/2 pt. sour cream | nuts |
| 1 tsp. vanilla | |

Let filling congeal in refrigerator and blend topping and spread.

Ann Lowder

MOLDED VEGETABLE RELISH

- | | |
|---|------------------------------|
| 2 (3 oz.) pkg. lemon or lime
gelatin | 4 tsp. grated onion |
| 1 1/2 tsp. salt | 1 c. shredded cabbage |
| 2 c. boiling water | 1 c. grated carrot |
| 1 1/2 c. cold water | 1/2 c. sliced celery |
| 4 Tbsp. vinegar | 6 Tbsp. chopped green pepper |
| | 1/4 c. chopped pimento |

Dissolve gelatin and salt in boiling water. Put into casserole dish. Add cold water, vinegar and onion. (Sliced green onion can be used for more texture and taste.) Chill until thickened.

Fold in vegetables. Chill until firm; at least 3 hours. Garnish if desired with olives, carrot or radish curls, etc. Yields 6 to 8 generous servings.

Nita Bunn

CELERY NUT SALAD

- | | |
|------------------------------------|------------------------|
| 1 (No. 2) can crushed
pineapple | 1/4 tsp. salt |
| 1 pkg. lime jello | 1/2 c. chopped celery |
| 1/2 c. grated American cheese | 2/3 c. chopped walnuts |
| 1/2 c. chopped pimento | 1 c. whipped cream |
| | 1/2 c. sliced olives |

Drain pineapple juice and heat. Add jello until dissolved. Cool and add other ingredients and pour into mold. Chill until firm.

Margurette Quinn

CUCUMBER SALAD

6 oz. lime jello
1 Tbsp. lemon juice
1 c. mayonnaise

1 small can crushed pineapple
and juice
2 c. boiling water
1 c. finely chopped cucumbers

Mix jello and water. Add other ingredients and refrigerate until firm, then serve.

Mary Louise Colson

ENGLISH PEA SALAD

16 oz. peas (fresh, frozen or
canned), cooked
2 stalks celery, chopped
3 oz. sharp Cheddar cheese, grated

1/2 c. salad cube pickles
2 hard-boiled eggs, chopped
1/2 c. mayonnaise

Combine peas, celery, cheese, pickle cubes, eggs and mayonnaise in bowl. Serve on lettuce or garnish as desired.

Mary Jean C. Mauldin

SAM'S POTATO SALAD

8 potatoes
1 stalk celery, diced
1 carrot, grated
1 onion, diced
3/4 c. sweet pickles, diced

3 boiled eggs, diced
2 tsp. mustard
2 radishes, diced
mayonnaise
1/4 c. pickle juice

Boil potatoes. Cool, peel and dice. Add other vegetables. Stir together pickle juice with enough mayonnaise to be creamy. Salt to taste. Store in refrigerator. Best served after has been refrigerated overnight.

Sam Ussery

IRISH POTATO SALAD

4 c. peeled, cubed and cooked
potatoes
6 hard-cooked eggs
1 c. diced ham
1 c. chopped celery
1/2 c. chopped olives

1/2 c. chopped onion or 2
Tbsp. minced onion
3/4 c. mayonnaise
1 Tbsp. lemon juice
2 tsp. sugar
1/8 tsp. pepper

In large bowl combine potatoes, chopped eggs, ham, celery, onion and olives. In small bowl combine remaining ingredients. Gently fold in mayonnaise mixture. Gently press into 1 1/2-quart container. Cover and chill until firm. Keep cool until ready to serve.

Lucy A. Lanier

HOT ORIENTAL SALAD

- | | |
|---|-----------------------------------|
| 2 Tbsp. salad oil | 1/2 c. chicken broth (maybe more) |
| 1 medium onion, sliced | 2 Tbsp. cornstarch |
| 2 c. sliced fresh mushrooms | 1 1/4 tsp. salt |
| 2 c. sliced celery | 2 Tbsp. water |
| 2 green peppers, cut into chunks | 2 Tbsp. soy sauce |
| 1 (5 oz.) can water chestnuts, sliced and drained | 1 c. bean sprouts, drained |
| 1 (6 oz.) pkg. snow peas | 1 to 2 c. cashews |

Heat oil in large skillet. Add onions, celery, peppers, chestnuts, pea pods and mushrooms. Stir-fry over high heat until all are well coated with oil and crisp-tender. Add broth; cover and cook 5 minutes. Meanwhile, mix cornstarch, salt, water and soy sauce. Stir until smooth. Stir into vegetables. Add more broth if necessary. Stir in bean sprouts and nuts. Heat through. Serves 8.

Carolyn Trail

BEAN SALAD

- | | |
|------------------------------|--------------------------|
| 1 can green beans | 1/2 c. oil |
| 1 can wax beans | 1/2 c. vinegar |
| 1 can kidney beans | 1 c. chopped red cabbage |
| 1/2 c. chopped onion | 1/2 c. sugar |
| 1/2 c. green pepper, chopped | |

Drain all beans and mix. Add onion, pepper and red cabbage. Mix 1/2 cup sugar, salt, pepper, vinegar and oil. Pour over beans. Let marinate overnight.

C. J. Clayton

CORNERED BEEF SALAD

- | | |
|--------------------------------------|--|
| 1 (3 oz.) pkg. lemon jello | 1 c. celery, chopped |
| 3/4 c. cold water | 1 c. green bell pepper, diced |
| 1 c. boiling water | 3 hard-cooked eggs, chopped |
| 1 c. mayonnaise | 1 small onion, chopped |
| 1 (12 oz.) can corned beef, shredded | 1 (2 oz.) jar pimento, drained and chopped |

Dissolve jello in boiling water. Add cold water and all other ingredients. Mix well. Pour into shallow baking dish. Let set and cut into squares and serve. If dressing is desired, chop cucumbers and mix with mayonnaise. Place spoonful on top of each square just before serving.

Betty Shankle

TOSSED SALAD

1 head lettuce
cucumbers
spring onions

green peppers
salt
tomatoes

Chill one head of lettuce and chop into medium-sized chunks. Slice cucumbers, spring onions and tomatoes. Add a few slivers of green peppers. Sprinkle lightly with salt. Let mixture stay in refrigerator until ready to serve. Sprinkle with a simple French dressing made by using 2 parts Wesson oil and 1 part vinegar, and then toss lightly before serving.

Brian Bowers

SPINACH SALAD

1 lb. fresh spinach, torn in
bite-size pieces
3 hard-boiled eggs
1/2 lb. fresh mushrooms,
washed and sliced

1/2 lb. bacon, cooked and
crumbled
1 or 2 tomatoes, cut in
bite-size pieces
salad croutons
dressing of your choice

Toss all ingredients together except croutons. Croutons should be added to individual servings, as they get soggy.

Jennifer Hooks

BROCCOLI SALAD

1 bunch broccoli
4 hard-boiled eggs, chopped
1 small onion, chopped
(optional)

1/2 c. chopped olives
1/4 c. pickle relish
1 tsp. lemon juice
2/3 c. mayonnaise

Wash broccoli, peel off tough skin. Cut into bite-size pieces. Drain thoroughly in towel. Place in bowl. Add remaining ingredients. Mix lightly. Chill before serving.

Mildred Norwood

FAVORITE COLE SLAW

2 to 2 1/2 c. shredded cabbage
1/2 c. sugar
1/2 c. vinegar

salt and pepper
3/4 c. mayonnaise

Mix all ingredients except mayonnaise. Refrigerate. Before serving add mayonnaise and mix well.

Mildred Norwood

TEXAS SLAW

1 medium cabbage, grated	1/2 c. salad oil
1 medium green pepper, finely chopped	1/2 c. vinegar
1 large onion, finely chopped	2 Tbsp. chopped parsley
1 carrot, grated	1 tsp. salt
1 c. sugar	1/2 tsp. dry mustard
	1/4 tsp. pepper

The day before serving, put cabbage, green pepper, onion and carrot in mixing bowl. In another bowl, combine remaining ingredients. Beat until smooth and blended. Pour dressing over vegetables and toss lightly. Cover and refrigerate overnight. Serves 12.

Mary Jane Komlos

MARINATED SLAW

1 large cabbage	3/4 c. salad oil
1 bell pepper	1 tsp. dry mustard
2 onions	1 tsp. celery seed
2 c. sugar	1 Tbsp. salt
1 c. vinegar	1 Tbsp. plus 1 tsp. sugar

Chop cabbage, peppers and onions and mix. Add 2 cups sugar (I use 1 cup). Place remaining ingredients in a saucepan and bring to boil. Pour boiled mixture over cabbage. Seal in airtight container. Do not stir or uncover for at least 4 hours. Will keep in refrigerator for a week or more.

Lucy A. Lanier

24 HOUR SLAW

1 1/2 c. vinegar	1 c. oil
3/4 c. sugar	1 tsp. celery seed
1 Tbsp. mustard	1 large head cabbage, shredded
1 tsp. salt	2 medium onions, sliced

Bring vinegar, sugar, mustard and salt to a boil. Remove from heat and stir in oil. Place cabbage and onion in bowl. Pour hot mixture over it. Cover and place in refrigerator until ready to use.

Mary Ethel Clayton

SLAW

1 head cabbage	1/2 c. sugar
1 sweet pepper	1/2 c. vinegar
1 pt. tomatoes, cooked	salt and pepper

Cut up cabbage and pepper. Heat sugar and vinegar. Add toma-

toes to cabbage and pepper. Pour vinegar mixture over vegetables. Keep in refrigerator.

Nancy Lisenby

SLENDER BLENDER DRESSING

1 c. cottage cheese
1/2 c. buttermilk

2 Tbsp. vinegar

Whirl all ingredients in blender until smooth. Yields about 1 1/2 cups. Serve over crisp summer vegetables.

Sarah C. Skidmore

RUSSIAN SALAD DRESSING

1 (10 3/4 oz.) can tomato
soup, undiluted
1/2 c. honey
1/2 c. vegetable oil
1/2 c. vinegar

1 small onion, finely chopped
1 Tbsp. Worcestershire sauce
1 tsp. dry mustard
1 tsp. paprika
1/2 tsp. salt

Combine all ingredients, mixing well. Yield: 2 3/4 cups.

Jennifer Hooks

BARBECUE SAUCE

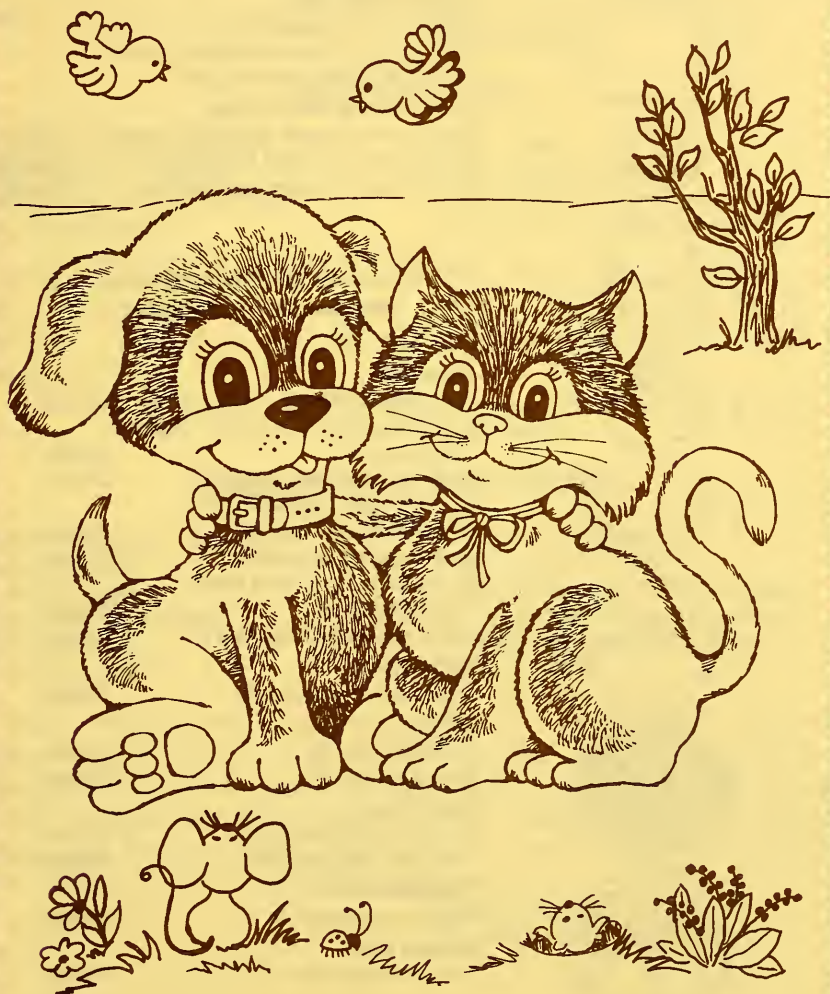
3/4 c. catsup
3 Tbsp. brown sugar
1/2 c. vinegar
2 Tbsp. Worcestershire sauce

1 tsp. celery seed
1/2 tsp. chili powder
1/2 tsp. salt
2 to 3 drops red pepper sauce

Mix all ingredients in medium mixing bowl. Can be used for chicken, pork or beef in the oven, crock-pot or on the grill.

Jennifer Hooks

Main Dishes



Common Kitchen Pans to Use as Casseroles



WHEN THE RECIPE CALLS FOR:

- 4-cup baking dish:**
9-inch pie plate
8 x 1 1/4-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2 1/4-inch loaf pan -A
- 6-cup baking dish:**
8 or 9 x 11 1/2-inch layer-cake pan -C
10-inch pie plate
8 1/2 x 35/8 x 25/8-inch loaf pan -A
- 8-cup baking dish:**
8 x 8 x 2-inch square pan -D
11 x 7 x 1 1/2-inch baking pan
9 x 5 x 3-inch loaf pan -A
- 10-cup baking dish:**
9 x 9 x 2-inch square pan
11 3/4 x 7 1/2 x 1 3/4-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan
- 12-cup baking dish or over:**
13 1/2 x 8 1/2 x 2-inch glass baking pan 12 cups
13 x 9 x 2-inch metal baking pan 15 cups
14 x 10 1/2 x 2 1/2-inch roasting pan 19 cups

**TOTAL VOLUME OF VARIOUS
SPECIAL BAKING PANS**

- Tube Pans:**
7 1/2 x 3-inch "Bundt" tube -K 6 cups
9 x 3 1/2-inch fancy tube or "Bundt" pan -J or K 9 cups
9 x 3 1/2-inch angel-cake pan -I 12 cups
10 x 3 3/4-inch "Bundt" or "Crownburst" pan -K 12 cups
9 x 3 1/2-inch fancy tube -J 12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J 16 cups
10 x 4-inch angel-cake pan -I 18 cups
- Melon Mold:**
7 x 5 1/2 x 4-inch mold -H 6 cups
- Spring-Form Pans:**
8 x 3-inch pan -B 12 cups
9 x 3-inch pan -B 16 cups
- Ring Molds:**
8 1/2 x 2 1/4-inch mold -E 4 1/2 cups
9 1/4 x 2 3/4-inch mold -E 8 cups
- Charlotte Mold:**
6 x 4 1/4-inch mold -G 7 1/2 cups
- Brioche Pan:**
9 1/2 x 3 1/4-inch pan -F 8 cups

MAIN DISHES

CHICKEN DIVAN

2 c. cooked chicken	2/3 c. heavy cream
1 pkg. broccoli spears (frozen or fresh)	1/2 c. mayonnaise
1 c. grated Cheddar cheese	1/4 tsp. Tabasco sauce
1/4 c. chopped onions	1/3 c. Parmesan cheese crumbs

Spray 9 x 13-inch dish, spread broccoli over. Add chicken, onions and Cheddar cheese. Mix together mayonnaise, cream and Tabasco sauce. Pour over chicken-broccoli mixture. Sprinkle with Parmesan cheese, then sprinkle with crumbs. Bake at 350° for 25 minutes.

Ella H. Maner

CHICKEN DIVAN

3 chicken breasts (whole)	1/3 c. milk
2 pkg. frozen broccoli	1/2 c. grated cheese
1 can cream of chicken soup	1 tsp. lemon juice
2/3 c. mayonnaise	1/4 to 1/2 tsp. curry powder

Cook chicken breasts and remove meat. Cook broccoli until almost tender; place broccoli and chicken in alternate layers in casserole. Combine all remaining ingredients and pour on top. Bake 30 minutes at 350°. Serves 8.

Note: Reserve some cheese and place on top with bread crumbs.

Polly Mabry

CHICKEN BROCCOLI DIVINE

4 chicken breasts, deboned	1 tsp. lemon juice
1 onion, sliced	1 tsp. curry powder
1 c. diced celery	1 can cream of chicken soup
1 tsp. salt and pepper	1 c. shredded Cheddar cheese
1 pkg. broccoli	1/4 stack crackers, crushed
1 c. mayonnaise	2 Tbsp. butter

Cook chicken, onion, celery, salt and pepper until chicken is tender. Line the bottom of a large casserole dish with a package of broccoli that has been defrosted. Lay chicken breasts over the broccoli. Mix mayonnaise, lemon juice, curry powder and soup. Spread mixture over chicken. Top with a mixture of cheese, cracker crumbs and butter. Bake in 350° oven for 30 minutes.

Ginger Colson

Marianne Bumgarner-Davis

CHICKEN BROCCOLI CASSEROLE

1/2 stick butter
1 onion, chopped
1 chicken, cooked, boned and
chopped
1 (10 oz.) pkg. chopped
broccoli, cooked

1 c. Minute rice, uncooked
1 can cream of mushroom soup,
undiluted
1/4 c. water
1/2 c. grated sharp cheese

Saute onion and butter. Mix together in large greased casserole dish all ingredients. Bake at 350° for approximately 40 minutes.

Shirley Cagle

CHICKEN-BROCCOLI QUICHE

1 pkg. frozen chopped broccoli
1 c. chopped cooked chicken
1/2 c. chopped onion
1 c. shredded Cheddar cheese
1/2 c. Swiss cheese

3 eggs
1/3 tsp. Nature's Seasons salt
1/2 c. Bisquick
1 c. milk

Put milk, Bisquick, seasoning salt and eggs in blender or food processor, blending for 2 minutes. Mix cooked broccoli with chicken, onion and shredded cheese (save some cheese for topping). Place in quiche plate; pour milk and egg mixture over and put rest of cheese on top. Bake at 325° until knife inserted halfway between center and edge comes out clean, about 35 minutes.

Ella H. Maner

CHICKEN STEW

3 medium potatoes
3 medium onions
1 frying size chicken

1 can cream-style corn
1 can tomatoes
1 qt. milk

Dice potatoes and cook in water to cover, 30 minutes. Add 1 frying sized chicken, cut up. Steam until very tender. Then add one can cream-style corn, 1 can tomatoes and 1 quart milk. Simmer. Season to taste.

Sarah C. Skidmore

CHICKEN AND DUMPLINGS

1 (3 lb.) chicken
4 c. plain flour
1 tsp. baking powder
salt to taste

1 egg
2 c. chicken broth
shortening size of walnut

Boil chicken in large pot in 2 1/2 quarts of water until very tender. Remove chicken from bones and reserve.

Mix flour, baking powder, salt, egg and shortening to broth to

make stiff dough. Roll thin and cut in strips 1-inch wide and long. Drop one at a time in boiling broth and cook until tender. Stir in chicken.

Mary Frances Colson

CHICKEN AND DUMPLINGS

1 chicken or parts
1 (12 oz.) pkg. Southern-style
dumplings

2 cans cream of chicken soup
1 small can evaporated milk

Cook chicken and take off bone. Cook dumplings until done in broth. Add more water as needed. Add chicken, soup and milk. Simmer. Salt and pepper to taste.

Sarah Lee

CHICKEN PIE

2 or 3 c. chicken, cooked and
chopped
1 1/4 c. chicken broth
1 can cream of celery soup or
chicken soup
1 stick margarine

1 c. plain flour
2 tsp. baking powder
1 tsp. salt
1/4 tsp. pepper
1 c. milk

In saucepan heat chicken broth and soup to boiling. Add chicken and set aside. In separate saucepan melt margarine. Stir in dry ingredients (flour, baking powder, salt and pepper). Add milk gradually, stirring well until slightly thickened. Place chicken mixture in a 9 x 12-inch baking dish. Pour flour mixture over chicken mixture. Bake at 425° for 30 minutes or until brown. Makes 6 to 8 servings.

Joyce Reid

CHICKEN POT PIE

1 (3 lb.) chicken, cooked
1/2 stick margarine
1 (16 oz.) can Veg-All
2 3/4 c. chicken broth

1 can cream of celery soup or
your favorite soup
1 c. self-rising flour
1 c. milk

Cut up chicken meat. Put in large pan. Melt margarine and pour over chicken. Drain can of mixed vegetables. Spread over margarine.

Bring to boil 1 can of soup and 2 3/4 cups chicken broth. Set aside. Mix 1 cup self-rising flour and 1 cup milk. Pour over vegetables. Then pour soup and broth over all. Cook at 350° until done (depending on size of pan).

Ethel Blalock

BRUNSWICK STEW

4 fryers, cooked, deboned and
cut in small pieces
7 1/2 lb. ground beef
1 pt. chopped onions
1/2 gal. fresh limas or 4 (16 oz.) cans

1/2 gal. fresh corn or 4 (16
oz.) cans
1 gal. cooked tomatoes
salt and pepper to taste

In large container place beef and small amount of water and cook until color changes. Add all other ingredients and cook for 3 hours, stirring often to keep from sticking. Will make 4 gallons.

Bob Sims

BRUNSWICK STEW

1 (3 lb.) fryer
2 lb. potatoes
2 medium cans tomatoes
2 small cans butter beans
1 small can cream-style corn
1 (12 oz.) can tomato juice

1 stick margarine
1/4 c. sugar
salt and pepper to taste
Worcestershire sauce to taste
Texas Pete sauce to taste

Boil chicken until tender. If boiled the day before stew is to be prepared, allow chicken to remain in broth overnight. Remove chicken from broth and bone. Cook potatoes in broth, remove and mash. Heat other vegetables in broth, remove and mash. Place all ingredients in an 8 quart pot. Simmer for 1 hour, stirring often. May be frozen. Makes 7 to 8 quarts.

Randy and Brian Bowers

CHICKEN CASSEROLE

4 c. cooked, chopped chicken
1 c. rice, cooked in chicken
broth
1 small jar chopped and
drained pimentos
1 small can sliced mushrooms

1 can cream of mushroom soup,
undiluted
1 (3 1/4 oz.) pkg. toasted
slivered almonds
1 c. seasoned chicken broth

In greased casserole put all ingredients in layers beginning with rice, chicken, pimentos, mushrooms, soup and almonds. Pour broth over all and bake 45 minutes in 350° oven. Serves 8.

Miriam J. Sims

CHICKEN CASSEROLE

1 can cream of celery soup
1 can cream of chicken soup
2 lb. cooked chicken breast,
boned
1 c. self-rising flour

1 c. chicken broth
1 stick margarine
1 c. buttermilk
1/2 tsp. black pepper

Place chicken in bottom of 9 x 13-inch dish. Heat soups and broth together, pour over chicken. Sprinkle with black pepper. Melt margarine, mix flour and buttermilk. Add flour mixture with margarine. Drizzle over other ingredients. Serves 8. Bake at 400° for 25 or 30 minutes or until crust is brown.

Onie Upchurch

CHICKEN CASSEROLE

- | | |
|--|---|
| 1 pkg. Pepperidge Farm
cornbread dressing | 1 can cream of chicken soup |
| 1 stick margarine | 4 large chicken breasts or 1
chicken |
| 1 can cream of mushroom soup | |

Stew chicken. Do not salt. Pick off bone and set aside. Save broth, melt margarine and stir into dressing crumbs. In a greased pan (13 x 9-inch) put a layer of chicken, then a layer of crumbs, a layer of mushroom soup with a can of broth and a can of cream of chicken soup with a can of broth. Top with crumbs and bake at 350° until brown, 45 minutes to 1 hour.

Melisa Isenhour

CHICKEN CASSEROLE

- | | |
|---------------------------------------|------------------------------|
| 2 to 3 c. cooked chicken,
diced up | 1 green pepper |
| 1/2 box spaghetti | 1/2 c. celery |
| 1 small onion | 1 can cream of mushroom soup |
| | 1/2 c. mushrooms |

Cook onions, pepper and celery in butter until tender. Grease dish and layer spaghetti (partially cooked), chicken, onion, pepper and celery mixture. Pour soup over and cook for 30 minutes in 350° oven.

Polly Mabry

TACO PIE

- | | |
|---------------------------|-----------------------------|
| 1 lb. hamburger | 1 1/2 c. crushed corn chips |
| 1 pkg. taco seasoning mix | 1 c. sour cream |
| 1/2 c. water | 1 c. sharp Cheddar cheese |
| 2 Tbsp. ketchup | 1 medium onion |
| 1 pie crust | |

Crumble corn chips in bottom of unbaked pie shell. Cook hamburger, add taco seasoning, water, ketchup and onion. Put in pie shell over corn chips. Add sour cream and cheese. Crumble corn chips over cheese. Bake 20 to 25 minutes at 375°.

Marianne Bumgarner-Davis
Ginger Colson

TACO PIE

1 lb. ground chuck
1 can taco sauce
1 onion, chopped
1 can chili with beans
1 small can tomato sauce
1 tsp. chili powder

Tabasco sauce to taste
salt and pepper to taste
1 bag Doritos cheese flavored
tortilla chips
grated Cheddar cheese

Brown ground chuck; add other ingredients. Simmer for 30 minutes. Spread tortilla chips in bottom of 9 x 14-inch dish; add mixture. Top with grated Cheddar cheese and pop into oven until cheese melts. Top with lettuce and tomato. Freezes well.

Shirley Cagle

ONE DISH HAMBURGER AND MACARONI

1 lb. ground beef
1 large onion, sliced
1 green pepper, sliced
1 c. short cut macaroni,
uncooked
2 Tbsp. Worcestershire sauce

1 Tbsp. parsley
2 tsp. oregano
1 (15 oz.) can tomato sauce
1 can water
2 tsp. garlic salt

Brown ground beef and drain off fat. Brown onion and pepper. Add macaroni and stir until it is transparent. Add tomato sauce, water and seasoning. Cover and simmer 20 minutes. Let stand covered for 5 minutes with heat off.

Claudette Kayler

ENGLISH BEEF POT PIE

(For the Crock-Pot)

2 lb. beef round steak, cut
into 1-inch cubes
3 Tbsp. flour
1 tsp. salt
1/8 tsp. pepper
2 medium carrots, pared and sliced

3 medium potatoes, peeled and
sliced
1 large onion, thinly sliced
1 (16 oz.) can whole tomatoes
Biscuit Topping

Place steak cubes in crock-pot. Combine flour, salt and pepper and toss with steak to coat thoroughly. Stir in remaining ingredients except Biscuit Topping and mix thoroughly. Cover and cook on low setting for 7 to 10 hours.

One hour before serving, remove meat and vegetables from crock-pot and pour into shallow 2 1/2 quart baking dish. Preheat oven to 425°. Cover meat mixture with Biscuit Topping. Bake for 20 to 25 minutes. Yields 4 servings (about 2 1/2 quarts).

Biscuit Topping:

2 c. flour
1 tsp. salt
3 tsp. baking powder

1/4 c. shortening
3/4 c. milk

Mix dry ingredients. Cut in shortening until mixture resembles coarse cornmeal. Add milk all at one time; stir well. Pat out on floured board; roll out to cover baking dish.

Marianne Bumgarner-Davis
Ginger Colson

ONE POT CASSEROLE

2 lb. hamburger
2 medium onions, grated
1 bell pepper, finely chopped

3 cans vegetable soup
1 c. catsup
salt and pepper to taste

Saute hamburger with chopped onions and pepper until meat loses its red color and becomes crumbly. Drain off any fat that accumulates. Add soup, catsup, salt and pepper. Put in 2-quart casserole. Bake at 375° about 15 or 20 minutes. Before serving, sprinkle top of casserole with paprika, parsley or cheese.

Susie Bowers

CASHEW NUT BEEF CASSEROLE

1 lb. noodles
3 large onions, chopped
2 lb. ground beef
2 cans mushroom soup
1 large can evaporated milk

2 (3 oz.) cans chow mein
noodles
1 lb. sharp cheese, grated
1 can cashew nuts

Cook noodles; saute beef and onions, stirring until done. Heat soup and milk together and add to beef mixture. Place layer of noodles and layer of beef mixture in large casserole dish. Sprinkle layer of cheese on top. Bake 20 minutes at 350°. Top with chow mein noodles and nuts. Place under broiler for a few minutes. Watch closely.

Margaret Lisenby

SWEET AND SOUR MEAT LOAF

Sauce:

1 (18 oz.) can tomato sauce
1 Tbsp. mustard
1/4 c. vinegar

1/4 c. brown sugar
1 tsp. Worcestershire sauce

Meat:

2 lb. hamburger
 1 pkg. Zesta crackers,
 crumbled
 2 eggs

1 Tbsp. Worcestershire sauce
 1 medium onion
 1 tsp. salt
 pepper to taste

Mix sauce ingredients and set aside.

Mix together meat mixture. Add 1/2 of sauce mix. Cook 45 minutes at 375°. Drain grease. Pour remaining sauce over meat loaf and bake 15 minutes.

Linda Robinson

MEAT LOAF

2 lb. ground beef
 2 small eggs
 1 pkg. Lipton onion soup mix
 1 c. oatmeal

1 can tomato soup
 2 Tbsp. each brown sugar,
 mustard and vinegar
 1/2 c. water

Mix meat, eggs, soup mix and 1/2 can of soup. Make into two loaves. Mix rest of tomato soup, sugar, mustard, vinegar and water in jar. Pour over loaves in baking pan. Baste occasionally. Bake at 350° for 1 1/2 hours.

Virginia Lee

HAMBURGER CASSEROLE

2 c. uncooked noodles
 (heaping)
 1 lb. ground steak
 1 can tomato sauce
 1 can corn

1 c. grated sharp Cheddar
 cheese
 2 tsp. margarine
 2 c. water
 1 small onion
 1 can pitted black olives

Brown ground steak and onion in butter until red is out of meat. Add meat, tomato sauce and 1 cup of water. Add noodles, stir and cook until tender. Add more water as necessary. Salt and pepper to taste. Add corn and olives. Pour into lightly greased casserole dish. Top with grated cheese. Bake 45 minutes at 350°.

Marianne Bumgarner-Davis
 Ginger Colson

ITALIAN SPAGHETTI

2 lb. ground beef
 1 medium onion, finely chopped
 1 green pepper, finely chopped
 2 (15 oz.) cans tomato sauce
 2 (15 oz.) cans tomato paste

2 (1 1/2 oz.) envelopes
 Italian-style spaghetti
 sauce mix
 1 can sliced mushrooms
 1 tsp. oregano leaves

1 (7 1/2 oz.) can pitted ripe olives, drained and sliced
3 c. water
1 Tbsp. sugar

2 cloves garlic, crushed
1 bay leaf, crumbled
16 oz. Italian-style spaghetti
Parmesan cheese

Cook and stir ground beef, onion and green pepper until meat is brown and onion tender. Stir in remaining ingredients except spaghetti and cheese. Cover; simmer 1 1/2 hours, stirring sauce occasionally or put in crock-pot and let simmer on low setting for 7 to 10 hours.

Marianne Bumgarner-Davis
Ginger Colson

LASAGNE

6 lasagne noodles
1/4 tsp. oregano
1 (15 1/2 oz.) can tomato sauce

1 c. cottage cheese
6 oz. Mozzarella cheese
1 small can mushrooms, drained
1 lb. hamburger

Cook noodles 6 minutes and drain. Brown hamburger meat. Add oregano and tomato sauce along with the mushrooms. In baking dish alternate layers of noodles, both cheeses and sauce until all ingredients are used. Bake at 375° for 30 minutes.

John W. Thompson

HAMBURGER PIE

1 lb. ground beef
1 c. chopped onion
1 to 2 Tbsp. chili powder (optional)

1 can cream of mushroom soup, undiluted
1 unbaked 9-inch pastry shell
1/2 c. shredded Cheddar cheese
1 1/2 c. hot mashed potatoes

Combine ground beef and onions in a large skillet; cook until meat is browned and onion is tender, stirring to crumble beef. Drain off drippings. Stir in chili powder and soup; spoon into pastry shell. Bake at 400° for 25 minutes. Remove from oven; sprinkle with cheese and spoon mashed potatoes around inside edge of crust. Yield: one (9-inch) pie.

Kathrene Collins

MAZETTIE

1 lb. ground beef
1/2 lb. sausage
1 medium green pepper
1 large onion
1 can tomato soup

1 can cream of mushroom soup
1/2 c. water
1 (10 oz.) pkg. medium-size egg noodles
1 Tbsp. bacon grease

Saute meat, onion and green peppers. Salt and pepper. Precook noodles and drain. Combine all ingredients and mix well. Sprinkle top

with large portion of grated Cheddar cheese. Bake in covered casserole at 350° for 45 minutes. Uncover and bake 10 minutes more.

Melisa Isenhour

CRITTENTON CASSEROLE

- | | |
|--|-----------------------------------|
| 1 (8 oz.) pkg. medium-wide egg noodles | 1/2 c. chopped onions |
| 1 can cream of mushroom soup | salt and pepper to taste |
| 1 soup can milk or more | 2 lb. lean ground beef |
| 1/2 lb. grated sharp cheese | 1 can Chinese noodles |
| 3/4 c. ripe olives, chopped | 1/4 lb. slivered blanched almonds |
| 3 Tbsp. parsley, chopped or parsley flakes | |

Cook noodles according to package directions, drain. Brown meat lightly in heavy skillet; add onions, salt and pepper and blend well. Combine soup and milk. Blend well. In one large (or two smaller) not too deep casserole put layers of noodles, cheese, olives, parsley and meat. Repeat layers until all ingredients are used. Pour soup mixture over all, cover and bake in 350° oven for 35 to 40 minutes. Remove cover, top with Chinese noodles and almonds. Bake for 5 to 10 minutes.

Note: If casserole seems too dry during baking, add some more milk. May be prepared a day ahead and refrigerated. Do not add noodles and nuts until after first baking.

This recipe from Eudora Garrison in the Charlotte Observer many years ago.

Jo Avett

BEEF AND POTATO LOAF

- | | |
|------------------------------------|---|
| 1 lb. lean ground beef | 1/8 tsp. pepper |
| 3/4 c. evaporated milk | 4 c. thinly sliced, peeled raw potatoes |
| 1/2 c. fine saltine cracker crumbs | 1 Tbsp. chopped onion |
| 1/4 c. catsup | salt and pepper |
| 1/4 c. chopped onion | 1 tsp. parsley flakes |
| 1 tsp. salt | |

Arrange evenly in greased 2-quart baking dish the potatoes, chopped onion, salt, pepper and parsley flakes.

Mix ground beef, milk, cracker crumbs, catsup, onion, salt and pepper. Spread evenly over potatoes. Decorate top with more catsup, if desired. Bake in 350° oven 1 hour until potatoes are tender.

Gay Hanback

BEEF STROGANOFF

- | | |
|-----------------------------|---------------------|
| 1 medium onion | 1 can mushroom soup |
| 2 Tbsp. salad oil | 1 tsp. sugar |
| 1 lb. hamburger | 1 c. sour cream |
| 1 can condensed tomato soup | |

Brown onion in salad oil. Add beef and brown lightly. Stir in tomato soup, mushroom soup and sugar. Cover and simmer 20 minutes. Add sour cream. Heat just to boiling point. Serve over cooked rice.

Betty Shankle

MEXICAN SCRAMBLE

1 lb. hamburger
2 or 3 Tbsp. brown sugar
2 c. water (I use more)
1 onion, sliced
1 tsp. chili powder

1 or 2 potatoes, peeled and diced
1 can red kidney beans
1 chopped bell pepper
hot pepper to taste
salt (if you use it)

Brown meat and onion. Add other ingredients and cook until potatoes are tender.

Ethel Blalock

TEXAS HASH

2 large onions, chopped
1 large green pepper, chopped
3 Tbsp. oil
1 lb. ground meat
2 c. cooked tomatoes

1/2 c. raw regular rice
1 tsp. chili powder
2 tsp. salt
1/2 tsp. pepper

Saute onions and peppers in oil. Add meat and other ingredients and mix well. Pour in 2-quart greased baking dish. Cover and bake 1 hour in 350° oven. Remove cover last 15 minutes. Serves 6.

Miriam J. Sims

OVEN PORCUPINES

1 lb. ground beef
1/2 c. uncooked rice
1 1/2 c. water
1/3 c. chopped onion
1 tsp. salt

1/2 tsp. celery salt
1/8 tsp. garlic powder
1/8 tsp. pepper
1 (15 oz.) can tomato sauce
2 tsp. Worcestershire sauce

Heat oven to 350°. Mix meat, rice, 1/2 cup water, onion, salts, garlic powder and pepper. Shape mixture by rounded teaspoonfuls into balls. Place meatballs in ungreased baking dish, 8 x 8 x 2-inches. Stir together remaining ingredients, pour over meatballs. Cover with foil; bake 45 minutes. Uncover; bake 15 minutes longer.

Pam Lisenby

MARSETTI CASSEROLE

1 lb. ground beef
1 medium chopped onion
1 (8 oz.) box macaroni

1 pt. tomatoes
salt and pepper to taste

Boil macaroni until tender. Place in buttered casserole. Brown

ground beef and onion, season with salt and pepper to taste. Mix beef, noodles and tomatoes in casserole dish. Bake 45 minutes to 1 hour at 350°.

Tabatha Henry

CORNEB BEEF SPECIAL

1 (3 oz.) pkg. lemon gelatin
1 c. boiling water
1 c. mayonnaise
1/2 c. celery, chopped fine
1/2 c. bell pepper, chopped fine

1/4 to 1/2 c. onion, chopped fine
1 (8 1/2 oz.) can tiny green peas, drained
1 (12 oz.) can corned beef, cut into small pieces

This can be used as a meat and vegetable spread to serve on crackers.

Method: Dissolve gelatin in boiling water. Cool. Add mayonnaise, then celery, bell pepper, onion, peas and corned beef. Spray or oil a six-cup mold. Fill with mixture and chill until set. Unmold and serve.

Margaret Lisenby

BARBECUE BEEF CUPS

1 can canned biscuits (10 biscuit size)
1 lb. ground beef
1/2 c. pecans
1/2 c. catsup

2 or 2 1/2 tsp. Worcestershire sauce
4 Tbsp. lemon juice
grated cheese

Note: Can use 1/2 to 3/4 cup bottled barbecue sauce instead of catsup, Worcestershire sauce and lemon juice.

Brown ground beef and pecans. Use a little oil if necessary. Drain grease thoroughly. Add catsup, Worcestershire sauce and lemon juice, or if using bottled sauce, add it to the beef. Mix thoroughly and allow to simmer a few minutes until flavors are mixed.

Grease muffin tin. Line each cup with a biscuit, pressing up sides to form cups out of the dough. Fill cups with beef mixture. Sprinkle cheese on top. Bake at 400° for 15 to 20 minutes.

Elisabeth Penry

FRIED RICE WITH BEEF AND ONIONS

6 c. cold cooked rice
1 lb. cooked beef, cut in thin strips
3 Tbsp. oil (for frying)

1 large onion, cut lengthwise as thin as possible
2 Tbsp. cold water (to loosen rice)

Sauce:

3 Tbsp. soy sauce
1 Tbsp. dry sherry
1/3 tsp. salt

1/8 tsp. pepper
1 Tbsp. cornstarch

Add 2 tablespoons cold water to rice. Loosen and separate the grains. Marinate beef in sauce for 4 minutes. Heat frying pan until it is very hot, 375°. Add oil and heat thoroughly. Fry onions to a light golden brown. Add beef with sauce and cook for 2 to 3 minutes, stirring constantly. Add rice and mix with other ingredients. Heat thoroughly.

Gay Hanback

GERMAN BEEF STEW

1 1/2 lb. beef, chopped in
small pieces
2 Tbsp. oil
1 chopped onion
1/2 c. water

1/3 c. dry red wine
2 beef bouillon cubes
1 small bay leaf
1 chopped green pepper
1/8 tsp. thyme

Brown meat and saute onion and green pepper in hot oil. Add all other ingredients. Cover and simmer for 2 hours. Serve over rice or noodles.

Robbie Vaughn

HAPPY ACCIDENT SHRIMP CASSEROLE

2 c. cooked rice
2 c. cooked shrimp
3 Tbsp. minced onion
1 (17 oz.) can green peas with
liquid
dash of black pepper

1 1/2 tsp. Worcestershire
sauce
1 pkg. onion dip mix
1 c. mayonnaise
3/4 to 1 c. herb-flavored
dressing
1/2 stick butter, melted

Combine all ingredients except dressing and butter. Spoon mixture into 1 1/2-quart casserole dish. Mix herb dressing and butter. Sprinkle over top of other mixture. Bake uncovered at 350° for 30 minutes. Remove from oven and cover a few minutes before serving.

Evelyn J. Guffy

QUICK AND EASY SHRIMP CREOLE

2 Tbsp. butter
2 Tbsp. vegetable oil
1/2 c. chopped onion
1/2 c. chopped green pepper
1/2 c. chopped celery
3 1/2 Tbsp. flour
1/3 c. water

2 tsp. sugar
dash of salt, Tabasco sauce
and chili powder
1 large can tomatoes
1 bay leaf
parsley
1 lb. cooked shrimp

In large skillet, saute onion, pepper and celery in butter and oil. Mix together the flour, water and sugar. Pour into skillet, mixing well and adding more water if necessary. Cut up tomatoes and add to skillet. Add bay leaf, salt, Tabasco sauce and chili powder and sprinkle with parsley. Simmer for 20 minutes, add shrimp and heat for 5 to 7 minutes. Serve over rice.

Robbie Vaughn

SHRIMP CHOW MEIN

1/4 c. butter or oleo
1 medium onion, chopped
1 lb. cooked and shelled
shrimp
2 c. chopped celery

1 tsp. salt
dash of pepper
1 1/2 c. hot water
1 can mixed Chinese
vegetables, drained

Thickening:

2 Tbsp. cold water
2 Tbsp. cornstarch

1 Tbsp. soy sauce
1 tsp. sugar

Melt butter or oleo in skillet. Add onions and cook 3 minutes. Add celery, salt, pepper and hot water. Cook for 10 minutes. Add Chinese vegetables and shrimp. Cook 5 minutes.

Dissolve cornstarch in cold water. Combine thickening ingredients and add to mixture. Cook 2 minutes. Serve over cooked rice or Chinese noodles. Serves 6.

Bob Sims

IMPERIAL CRAB CASSEROLE

1 lb. crabmeat
2 Tbsp. chopped onion
2 Tbsp. chopped green pepper
3 Tbsp. oleo, melted
2 Tbsp. flour

1/2 c. milk
1/2 tsp. salt
dash of pepper
1/2 tsp. Worcestershire sauce
2 hard-boiled eggs, chopped

Remove any shell or cartilage from crabmeat. Cook onions and green pepper in the oleo until tender. Blend in flour gradually. Add milk slowly and cook until thick, stirring constantly. Add seasonings, eggs and crabmeat. Place in well-greased casserole. Buttered crumbs can be added. Bake in 350° oven 20 to 25 minutes until brown on top. Serves 4.

Bob Sims

CRABMEAT QUICHE

1/2 c. mayonnaise
1 (6 oz.) can crabmeat
2 Tbsp. flour

8 oz. Swiss cheese, shredded
1/3 c. chopped onion
1/4 c. diced green pepper

2 eggs, beaten
1/2 c. milk

4 strips crumbled bacon
1 pie shell

Mix together mayonnaise, flour, eggs and milk. Then add rest of ingredients. Put in a pie shell. Sprinkle with bacon. Bake at 350° for 40 to 50 minutes.

Oleta Norwood

OYSTER PIE

36 saltine crackers
36 oysters, drained
3 Tbsp. butter

black pepper
2 c. milk

Break 12 crackers in fourths. Layer in dish. Arrange 1/2 the oysters on top. Repeat layering. Dot with 1 tablespoon butter, sprinkle with pepper. Pour milk all over. Bake in 400° oven 15 to 20 minutes, until brown, not dry.

Mrs. Byron Dunlap

WEIGHT WATCHERS BARBEQUE TUNA

1 (6 1/2 oz.) can tuna
1 Tbsp. Worcestershire sauce
1 Tbsp. onion flakes
1 Tbsp. wine vinegar

1 tsp. chili powder
1 tsp. prepared mustard
1/2 c. tomato juice or spicy
vegetable juice

Combine all ingredients in a saucepan and simmer until it resembles barbeque pork.

Evelyn J. Guffy

STUFFED PORK CHOPS FOR THE CROCK-POT

4 double pork loin chops, well
trimmed
salt and pepper to taste
1 (12 oz.) can whole kernel
corn, drained
1 small onion, chopped
1 green pepper, seeded and chopped

1 c. fresh bread crumbs
1/2 tsp. leaf oregano or leaf
sage
1/3 c. raw long-grained
converted rice
1 (8 oz.) can tomato sauce

Cut a pocket in each chop, cutting from the edge almost to the bone. Lightly season pockets with salt and pepper. In bowl combine all ingredients except pork chops and tomato sauce. Stuff pork chops. Secure along fat side with wooden picks.

Pour any remaining vegetable mixture into crock-pot. Moisten top surface of each chop with tomato sauce. Add stuffed pork chops to crock-pot, stacking to fit if necessary. Pour any remaining tomato sauce on top. Cover and cook on low setting for 7 to 10 hours or until done. To serve, remove chops to heatproof platter and mound vegeta-

ble-rice mixture in center. Yield: 4 servings.

Marianne Bumgarner-Davis
Ginger Colson

PORK CHOP CASSEROLE

6 medium potatoes, thin sliced
3 Tbsp. butter
6 pork chops

2 tsp. salt
1/2 tsp. pepper
1 1/2 c. milk

Arrange potatoes in greased pan, dot with butter. Arrange chops over potatoes, sprinkle with salt and pepper. Pour milk over chops and potatoes. Bake at 350° for 45 minutes or until chops are golden brown.

Linda A. Henry

TOURTERE DE NOEL

(Pork Pie)

2 c. sifted all-purpose flour
1/2 tsp. salt
1/2 c. butter or oleo
1 egg, lightly beaten
2 Tbsp. cold water
2 Tbsp. butter or oleo
1 1/2 lb. lean pork, finely
chopped
2 c. chopped onion (2 large)

1 clove garlic, minced
1/2 tsp. celery seed
1 (10 3/4 oz.) can condensed
chicken broth
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. ground sage
1 egg yolk
1 Tbsp. water

Sift flour and salt. Cut in butter until mixture resembles cornmeal. Add egg and 3 tablespoons water; stir with fork until all particles are moistened and pastry clings together; shape into a ball. Wrap in plastic wrap and refrigerate one to two hours. Heat butter in large skillet over medium heat. Add chopped pork. Cook, stirring until meat loses its red color. Add onion and garlic; cook 2 minutes, stirring occasionally. Add celery seed, chicken broth, salt, pepper and sage. Cover skillet. Bring to a boil; lower heat. Simmer 35 to 40 minutes or until all liquid has evaporated, stirring occasionally. Remove skillet from heat; set aside to cool.

Heat oven to 450°. Divide dough in half. Roll 1/2 out and place in 9 or 10-inch greased pie plate. Spoon in filling and cover with other half of dough. Cut vent in center of top crust. Beat egg yolk and 1 tablespoon water just until blended. Brush over top of pie. Bake 10 minutes. Reduce heat to 350°. Bake 25 minutes or until crust is brown. Serves 6 to 8.

Margaret Lisenby

SPICY PORK AND CABBAGE FOR THE CROCK-POT

4 to 6 pork loin chops (about
1-inch thick, well trimmed)
salt and pepper to taste
Kitchen Bouquet
4 c. coarsely shredded cabbage
3 to 4 tart apples, cored and
diced

1/2 small onion, chopped
2 whole cloves
1/2 small bay leaf
1/4 c. sugar
1 c. water
2 Tbsp. cider vinegar
2 tsp. salt

Season pork chops lightly with salt and pepper and brush with Kitchen Bouquet; set aside. Place cabbage, apples and onions in crock-pot. Add remaining ingredients, except pork chops. Toss together well to distribute evenly the spices. Arrange chops on top of cabbage mixture, stacking to fit. Cover and cook on low setting for 7 to 10 hours. (On high setting for 2 to 3 hours.) Yield: 4 to 6 servings.

Marianne Bumgarner-Davis
Ginger Colson

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Meats, Poultry & Seafood



Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled				
Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

MEATS, POULTRY & SEAFOOD

ORIENTAL ROAST PORK

4 to 7 lb. pork loin
1 Tbsp. flour
1/4 c. lemon juice
1/4 c. soy sauce
2 Tbsp. catsup

1 clove garlic, minced
1/2 tsp. salt
1 Tbsp. sugar
1/2 tsp. ground ginger

Shake 1 tablespoon flour in empty Brown-in-Bag and place in pan. Trim excess fat to a thin layer. Place pork loin in bag. Combine remaining ingredients and pour into bag. Close bag with twist tie and gently turn several times to coat pork. Refrigerate 3 to 4 hours or overnight. Preheat oven to 350°. Remove roast from refrigerator. Follow Brown-in-Bag cooking instructions. Cook for 2 1/2 to 3 1/2 hours or until meat thermometer reads 170°.

Pat Reid

BEEF TIPS ON RICE

3 Tbsp. plain flour
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. paprika
2 lb. boneless sirloin top
roast, cut into 1-inch
cubes

2 Tbsp. vegetable oil
2 large onions, sliced or
chopped
1 beef bouillon cube
3/4 c. boiling water
hot cooked rice

Combine flour, salt, pepper and paprika in a plastic bag; shake to mix. Place beef cubes in bag and shake well. Heat oil in a Dutch oven; add beef and cook until browned. Add onions; cook until tender. Dissolve bouillon cube in boiling water; add to beef mixture. Cover, reduce heat and simmer 2 hours, stirring occasionally. Serve over rice. Serves 6 to 8.

Nita Bunn

MARINATED ROAST

3 lb. shoulder roast or eye of
round or London broil
1 tsp. Accent
1/3 c. wine vinegar
2 Tbsp. cooking oil
2 Tbsp. soy sauce

1 Tbsp. Worcestershire sauce
1 tsp. mustard
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic powder

Marinate in refrigerator 2 to 3 days. The day of cooking, set

meat out to warm up before cooking. Cook on grill approximately 45 minutes to 1 hour. Spoon marinade over meat while cooking.

Carolyn Trail

HERBED BEEF KABOBS

1/4 c. salad oil
2 Tbsp. vinegar
1 tsp. onion salt
1 tsp. celery salt
3/4 tsp. garlic salt or garlic
granulated
1 tsp. oregano

1/2 tsp. pepper
1 Tbsp. prepared mustard
1 small bay leaf
2 lb. boneless sirloin
green pepper squares
fresh mushrooms

Combine all ingredients except meat, green pepper and mushrooms in a saucepan. Heat to boiling point and cool. Cut meat into 1-inch squares. Add to mixture. Mix well and marinate for 1 to 2 days. Add mushrooms and green peppers to skewers when cooking on grill.

Carolyn Trail

SWISS STEAK WITH MOZZARELLA

2 lb. beef round steak
1/2-inch thick
3 Tbsp. plain flour
1 (1 lb.) can tomatoes
1/4 tsp. basil leaves
1/2 c. chopped onion

1 1/2 c. (6 oz.) shredded
Mozzarella cheese
1/4 c. (1/2 stick) margarine
1 1/2 tsp. salt
1/8 tsp. pepper
1/2 c. chopped green pepper

Cut meat into serving pieces; coat with flour. Melt margarine in heavy pan with lid. Brown meat slowly on all sides. Add tomatoes, salt, basil and pepper. Cover and simmer for 1 hour. Add onion and green pepper. Cook 25 to 30 minutes more. Add some water if meat becomes too dry. Pour into heatproof serving dish; top meat with cheese. Heat in oven until cheese melts. Serve over rice. Yield: 8 servings.

Gail T. Bunn

CHICKEN BITES

4 large skinned and boned
chicken breast halves
1 whole egg

2 Tbsp. vegetable oil
2 Tbsp. soy sauce
1/2 c. buttermilk baking mix

Preheat oven to 450°. Generously spray cookie sheet with nonstick spray. Beat together egg, oil and soy sauce. Mix in baking mix to form a batter. Cut chicken into 1-inch bite-size pieces. Thoroughly coat chicken with batter. Place in single layer on cookie sheet so that pieces do not touch. Bake approximately 12 to 15 minutes until golden brown and tender. Serves 4.

Elisabeth Penry

BAKED CHICKEN SOUFFLE

8 slices bread with crust
removed (French)
6 c. cooked chicken, cubed
8 to 10 oz. mushrooms sauteed
in 1/4 c. butter
1 oz. water chestnuts, sliced
1/2 c. mayonnaise

8 slices sharp American cheese
4 eggs, well beaten with mixer
2 c. milk
2 cans cream of mushroom soup,
undiluted
1 tsp. salt
1 (2 oz.) jar chopped pimentos

Layer bread in bottom of greased pan. Spoon on chicken. Pour over the mushrooms and butter. Layer water chestnuts. Dot on mayonnaise. Layer cheese. Mix eggs, milk and salt. Pour over all. Mix pimentos with mushroom soup and spread over all. Cover and let stand overnight in refrigerator. Bake 1 hour covered at 350°. Let stand about 10 minutes before slicing to serve.

Sarah Lee

SWEET AND SOUR CHICKEN

1 lb. cooked chicken, cubed
1 1/4 c. chicken broth
(bouillon cubes are fine)
1/4 c. soy sauce
3 Tbsp. vinegar
3 Tbsp. brown sugar

1/2 tsp. ginger
1 can pineapple chunks and
juice
1 c. carrot strips
1 c. green pepper strips
1 Tbsp. cornstarch

Mix broth, soy sauce, vinegar and pineapple juice in saucepan. Add carrot strips and cook until barely tender. Add chicken, pineapple, brown sugar and ginger. Cook 20 minutes. Add green pepper strips and cook about 5 minutes. Thicken with cornstarch. Serve over rice, noodles or toast.

Evelyn Norwood

JADE TREE CHICKEN

4 half breasts of chicken,
boned and skinned
1/4 c. soy sauce, divided
2 tsp. cornstarch, divided
1/2 tsp. garlic powder or 1/4
tsp. garlic salt and omit
1/4 tsp. salt
1/4 tsp. salt
1 c. sliced celery

1 onion, cut in wedges
2 Tbsp. dry sherry (optional)
1/4 c. cooking oil, divided
1/4 tsp. ground red pepper
1/2 tsp. sugar
2 c. fresh broccoli flowerets
(some stems may be peeled
and sliced)
1/2 c. water

Cut chicken into bite-size pieces. Combine 2 tablespoons soy sauce, 1 tablespoon oil, 1 teaspoon cornstarch, garlic powder, sugar, salt and red pepper, blending well. Add chicken and turn to coat. Cover and marinate in refrigerator for 20 minutes. Place remaining oil in large skillet and heat to medium-high temperature. Add broccoli,

celery and onion. Stir-fry for 6 minutes or until crisp-tender. Remove vegetables and set aside. In same skillet stir-fry chicken for 5 minutes or until opaque and fork tender. Return vegetables to pan. In a small bowl mix remaining soy sauce and cornstarch with sherry and water. Pour over chicken. Reduce heat and simmer uncovered for 3 minutes. Serve over hot cooked rice.

Gail T. Bunn

FIX NOW BAKE LATER CHICKEN

4 chicken breasts, split
8 slices bacon
1 (2 1/2 oz.) jar dried beef,
shredded

1 (10 3/4 oz.) can cream of
mushroom soup
1 c. sour cream

Preheat oven to 375°. Wrap each chicken breast with 1 slice of bacon. Put shredded dried beef in bottom of lightly greased 13 x 9 x 2-inch baking dish or pan. Arrange chicken on beef. Combine soup and sour cream and spoon evenly over chicken. Bake approximately 1 1/2 hours.

Mildred McManus

BARBECUED CHICKEN

3 lb. or less chicken, cut up
1 medium onion, chopped
1 c. catsup
1 c. water

2 Tbsp. Worcestershire sauce
2 Tbsp. brown sugar
2 Tbsp. vinegar
2 Tbsp. mustard

Mix catsup, water, Worcestershire sauce, brown sugar, vinegar and mustard. Brown chicken slowly in 1/4 cup oil (as for frying). Remove chicken, add onion to oil and cook until tender. Add mixture and simmer 10 minutes. Put chicken back in pan. Cook until done or place in baking dish and pour sauce over. Bake in 325° oven until done.

Ruby Barbee

Vegetables



How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open

petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

VEGETABLES

FRIED GREEN ONIONS

onions
1 Tbsp. grease

1/2 c. hot water
1 Tbsp. sugar

Chop green onions and tops coarsely. Pour one tablespoon of grease in iron skillet. Heat and then place in enough onions to fill pan. Add 1/2 cup of water. Cook slowly for about 30 minutes. Just before it is done, sprinkle one tablespoon of sugar over onions and salt to taste. DO NOT stir while cooking. Serve while hot.

Roy Skidmore

ONION CASSEROLE

4 or 5 medium onions
1/2 stick butter or margarine
salt
pepper

1 can golden mushroom soup
1 c. grated sharp cheese
crushed potato chips

Slice onions and boil in water until tender. Drain. Add margarine, salt and pepper to taste and soup. Top with cheese and bake at 350° until bubbly, about 30 minutes. Remove from oven and top with potato chips. Bake 5 more minutes.

Cindy Beane

VEGETABLE MEDLEY WITH CONFETTI DIP

1 green pepper, finely chopped
1 tomato, finely chopped
1 small onion, finely chopped
1 (8 oz.) pkg. cream cheese,
softened

1/2 c. sour cream
1 tsp. dry mustard
1 tsp. salt
1/2 tsp. pepper

Mix all ingredients well. Place in serving bowl and chill.

Vegetables:

1/2 head cauliflower and
broccoli
1 cucumber, cut in slices
4 stalks celery, cut into
2-inch pieces

1 pt. cherry tomatoes
2 green peppers, seeded and
cut vertically into 5
pieces

Arrange broccoli and cauliflower in center of dish. Arrange remaining vegetables on picks and serve with dip.

Susie Bowers

MARINATED CARROTS

carrots
1 medium onion
1 small green pepper
1 can tomato soup
1/2 c. salad oil
3/4 c. vinegar

1 tsp. prepared mustard
1 tsp. Worcestershire sauce
1 c. sugar
1 tsp. salt
1/4 tsp. black pepper

Cook 5 cups of sliced carrots in salted water until tender. Drain and cool. Mix well: tomato soup, salad oil, sugar, vinegar, mustard, Worcestershire sauce, salt and pepper. Add sliced onion, pepper and carrots. Chill overnight. Drain and serve.

Susie Bowers

SUNSHINE CARROTS

1 c. carrots, sliced and
cooked
1/4 c. butter or margarine
1/4 c. brown sugar

dash of nutmeg
1/2 c. orange juice
cornstarch

Cook carrots until tender. In a saucepan, cook other ingredients and add enough cornstarch to thicken slightly. Toss over carrots.

Lela Maude Lowder

NANNY'S CANDIED YAMS

4 to 5 large sweet potatoes
1 c. granulated sugar
1 to 2 c. butter

3 to 4 c. water
1 to 2 tsp. nutmeg
1 to 2 tsp. salt

Select yellow yams. Wash and peel. Cut them lengthwise in 1 to 4-inch slices. Place in baking pan. Cover with 3 to 4 cups water and boil until tender but not soft. Sprinkle slices with sugar, salt and nutmeg. Dot with butter and bake until syrup is formed, about 15 or 20 minutes.

Beth Bowers

COTTAGE POTATOES

10 potatoes in jackets
1 green pepper, chopped
2 slices bread, crumbled
3/4 c. melted butter
paprika
1/2 lb. Velveeta cheese

1 large onion
1 small jar pimientos
salt and pepper as desired
crushed cornflakes
1/2 c. milk

Boil potatoes in jackets. Cool, peel and dice. Cut cheese into cubes. Chop onion and pepper and add to potatoes. Add enough milk to moisten. Add cheese, crumbled bread and melted butter. Cover with

crushed cornflakes and sprinkle lightly with paprika. Bake 40 minutes at 350°. Can be frozen after being cooked. Serves 12.

Gail T. Bunn

PARTY POTATOES

8 to 10 medium potatoes
1 (8 oz.) pkg. cream cheese
1 carton sour cream
4 Tbsp. butter

paprika, salt and pepper to taste
1/3 c. chopped chives (if dried ones are used, soak them in water and drain)

Peel, slice and boil potatoes. While they're cooking, beat sour cream and cream cheese until smooth. Add hot (drained) potatoes, butter, chives, paprika, salt and pepper and beat until smooth. Put in buttered oblong casserole. Right before serving, bake at 350° for 25 minutes. Serves 10.

Mary Ella Vick

QUICK HASH BROWN POTATOES

2 large potatoes
1 Tbsp. butter

Morton Nature's Seasons cheese

Peel and grate potatoes. Melt 1 tablespoon butter in frying pan. Add potatoes. When brown on bottom, add seasoning salt and turn over or stir. Put lid on for about 10 minutes. When ready to serve, sprinkle with Parmesan cheese or grated cheese.

Ella H. Maner

SCALLOPED POTATOES

1 can condensed Cheddar cheese soup
1/2 c. milk

4 c. thinly sliced potatoes
2 onions, thinly sliced
butter or margarine

Blend soup and milk. In buttered 1 1/2-quart casserole, arrange layers of potatoes, onion and sauce. Dot with butter, sprinkle with paprika. Cover and bake at 375° for one hour. Uncover and bake 15 minutes until lightly browned.

Shirley Cagle

POTATO CASSEROLE

2 sticks melted margarine
1 (2 lb) bag frozen hash brown potatoes
1/2 pt. sour cream
1 (10 1/2 oz.) can cream of chicken soup

1/2 c. chopped onions
2 c. grated Cheddar cheese
1 tsp. salt
1/2 tsp. pepper
2 c. crushed corn flakes

Mix 1 stick melted margarine, potatoes, sour cream, undiluted

chicken soup, onion, Cheddar cheese, salt and pepper. Divide and put into two greased 9-inch pie pans or one greased 9 x 13-inch casserole dish. (Don't make casserole too thick or deep.) Cover with a topping made of crushed corn flakes and 1 stick melted margarine. Bake in preheated 350° oven 40 to 45 minutes.

Pat Reid

Mary Ella Vick

POTATO CASSEROLE

2 lb. pkg. frozen hash browns,
thawed
1 can cream of chicken soup
12 oz. sour cream
1 c. grated cheese

3/4 stick margarine, melted
2 Tbsp. minced onion or 1
small diced onion
1 tsp. salt
1/2 tsp. pepper

Mix ingredients and bake at 325° for 45 minutes to 1 hour.

Lisa Davis

CORN SOUFFLE

2 c. corn
2 eggs
1 c. milk
2 Tbsp. flour

1 tsp. salt
1/4 c. sugar
2 Tbsp. butter
1/8 tsp. pepper

Put eggs in blender or food processor. Add corn and blend. Add flour, salt, sugar and pepper and blend. Then add milk, blending well. Pour into buttered casserole. Bake at 350° for 25 to 30 minutes.

Ella H. Maner

GREEN BEAN CASSEROLE

2 cans French-style green
beans, drained
1 can undiluted cream of mushroom soup

1 can Durkee French fried
onions

Place beans in a greased casserole dish. Cover with soup. Bake at 350° for 20 minutes. Top with onions and bake 5 minutes more. Serves 8.

Melisa Isenhour

FRESH GREEN BEAN CASSEROLE

2 c. freshly cooked green
beans (don't season)
1 (10 1/2 oz.) can cream of
mushroom soup

3 boiled eggs, chopped
1/4 c. grated cheese
1/4 c. cracker crumbs
1 Tbsp. butter

Drain green beans and put in the bottom of a greased casserole. Add the rest of the ingredients in layers. Add a layer of mushroom soup, a layer of eggs, layer of grated cheese and top with cracker

crumbs. Dot butter on top of casserole and bake at 400° for 15 minutes or until golden brown.

Angie Phillips

3 P CASSEROLE

- | | |
|---|-------------------------------------|
| 1 c. chopped onion | 1 small jar pimento, drained |
| 1 c. chopped green pepper | and chopped |
| 1 c. sliced celery | 1 can mushroom soup |
| 1 stick margarine | buttered bread crumbs |
| 1 (16 oz.) can green peas, drained | |

Saute onion, pepper and celery in margarine until tender but not brown. Add margarine, peas, pimento and soup to this. Put in oblong baking dish. Sprinkle crumbs on top. Bake about 20 minutes at 350°.

Mildred Lee

GREEN AND GOLD CASSEROLE

- | | |
|------------------------------------|-----------------------------------|
| 1 medium onion, chopped | 1 (3 oz.) can French fried |
| 1 Tbsp. butter | onions |
| 1 (10 oz.) can cheese soup | 1 jar mushroom pieces |
| 1 (6 oz.) roll nippy cheese | 1 (10 oz.) pkg. frozen |
| (optional) | broccoli, cooked and |
| 1/2 tsp. garlic powder | drained |
| 2 or 3 c. hot, cooked rice | |

Cook onions in butter until tender but not brown. Add soup, cheese and garlic. Cook over low heat, stirring until cheese melts. Add mushrooms and the liquid, broccoli and rice. Pour into shallow greased casserole. Bake 15 to 20 minutes until hot and bubbly. Top with French fried onions the last 5 minutes of baking. May prepare day before and refrigerate. Bake when ready to use.

Mildred Lee

CABBAGE CASSEROLE

- | | |
|-------------------------|-------------------------------|
| 1 medium cabbage | 1 to 2 c. bread crumbs |
| 1 large can milk | 1 stick margarine |
| salt and pepper | |

Set oven to 350°. Wash and chop or shred cabbage. Place in 12 x 9 x 3-inch baking dish or pan. Pour in large can of milk. Add salt and pepper. Use bread crumbs. Put margarine on top. Cover dish with foil and bake 30 minutes covered. Uncover and bake 30 minutes more.

Ethel Blalock

ESCALLOPED CABBAGE

2 Tbsp. butter
2 Tbsp. flour
1/2 tsp. celery salt
2 c. milk
1/3 c. diced green pepper
1/2 c. Cheddar cheese
1/2 tsp onion salt

1/2 tsp. chili powder
1/4 tsp. thyme
1/4 tsp. pepper
4 slices cooked bacon
(optional)
small cabbage

Melt butter, add flour and seasonings. Add milk gradually until thick. Cook cabbage about 10 minutes. Drain and layer cabbage, bacon, cheese and green pepper and seasoned sauce. Top with buttered bread crumbs and Parmesan cheese. Bake at 350° in covered dish 30 minutes. Serves 9 to 10.

Margaret Skidmore

BROCCOLI CASSEROLE

1 (10 oz.) pkg. chopped
broccoli
1/4 c. mayonnaise
1/2 c. sharp Cheddar cheese

1/2 c. mushroom soup,
undiluted
1/2 tsp. minced fresh onion
1 beaten egg
cheese cracker crumbs

Cook broccoli about 8 minutes in boiling water. Drain. Mix mushroom soup, mayonnaise, onion, cheese and egg with broccoli. Pour into 1 1/2 quart casserole dish and sprinkle with cheese cracker crumbs. Bake 20 minutes in 400° oven. May be made ahead of time.

Sarah C. Skidmore

BROCCOLI CASSEROLE

6 eggs
2 lb. cottage cheese
1/4 stick melted margarine
3 pkg. broccoli, chopped
2 green onions including tops

1 lb. sharp Cheddar cheese,
grated
1 (8 oz.) can sliced water
chestnuts (optional)

Combine all ingredients and place in large buttered casserole dish. Bake at 350° 30 to 40 minutes or until browned and bubbly. Serves 12 generously.

Nita Bunn

BROCCOLI CASSEROLE

2 pkg. chopped broccoli
(frozen)
4 Tbsp. butter
1/2 c. chopped celery
1 medium onion, chopped

1 can cream of mushroom soup
1 (4 oz.) can mushrooms
1 roll garlic cheese
bread or cracker crumbs and
paprika for topping

Saute celery and onion in butter. Add soup, mushrooms and garlic cheese, stirring until cheese is melted. Cook broccoli according to directions and drain. Place broccoli in 8-inch casserole dish. Pour cheese sauce over. Sprinkle with crumbs and paprika. Bake at 350° for 40 to 45 minutes.

L. Young

BROCCOLI RICE CASSEROLE

1 (10 oz.) pkg. frozen chopped
broccoli, defrosted
1 c. instant rice or 2 c.
cooked rice

1 (8 oz.) jar processed cheese
spread
1 can cream of mushroom soup
1/2 c. chopped celery
1/2 c. chopped onion

Mix all ingredients. Bake at 350° for 30 to 35 minutes. Yield: 6 servings. May mix ahead of time.

Kathrene Collins

BROCCOLI CASSEROLE

1 pkg. broccoli
1 can mushroom soup
1/2 c. mayonnaise

3 boiled eggs, chopped
1/2 c. grated cheese
1 small onion, chopped

Cook broccoli approximately 15 minutes. Mix all ingredients together and bake at 350° for 20 minutes.

John W. Thompson

OKRA CASSEROLE

1/2 c. chopped onion
1/3 c. melted margarine
1 tsp. salt
2 c. chopped tomatoes
1/2 tsp. dried basil
(optional)

1/2 c. chopped green pepper
2 Tbsp. flour
1/2 tsp. pepper
1 1/4 c. sliced okra
4 slices American cheese

Saute onion and green pepper in margarine. Stir in flour, salt and pepper. Blend well. Stir in tomatoes, okra and basil. Spoon mixture into greased casserole. Top with cheese. Bake 20 to 25 minutes at 350°. Yield: 6 servings.

Gail T. Bunn

BAKED STUFFED SQUASH

4 small yellow squash
3 Tbsp. minced onion
3 Tbsp. chopped green pepper
1/4 tsp. salt or Morton
Nature's Seasons

3/4 c. crumbs
1 Tbsp. butter
2 Tbsp. Parmesan cheese
2 slices cheese, cut into 8
pieces

Place squash in saucepan, add water to cover. Boil 5 minutes or until barely tender. Drain. Cool. Scoop out squash pulp, place in bowl. Combine pulp, onion, green pepper, seasonings, butter, crumbs and Parmesan cheese. Mix well. Put into squash shells. Place a cheese strip on top. Bake at 350° for 30 minutes.

Ella H. Maner

ZUCCHINI CASSEROLE

- | | |
|--|-------------------------|
| 2 to 2 1/2 c. cooked zucchini | 1 egg |
| or yellow squash | 1/2 pt. sour cream |
| 1 stick margarine | 1 medium onion, chopped |
| 1 pkg. Pepperidge Farm herbal dressing | |

Melt margarine in 9 x 13-inch casserole dish. Place dressing in mixing bowl. Pour melted margarine over dressing. Stir enough to coat crumbs. Place enough of crumb mixture in casserole dish for bottom crust. Mix squash or zucchini, egg, sour cream and onion. Pour over crust, use balance of dressing mixture for topping. Bake in 350° to 375° oven for 30 minutes.

Mary Louise Colson

SQUASH CASSEROLE

- | | |
|---------------------------|-----------------------------|
| 1 1/2 lb. cooked squash | 1 c. sour cream |
| 1 small jar pimienta | 1 can cream of chicken soup |
| 1 small onion, chopped | 1/2 stick melted margarine |
| 1 pkg. cornbread stuffing | 2 medium carrots, grated |

Cook squash and onion. Drain. Add vegetables, sour cream and soup. Mix well. Mix stuffing and margarine. Line bottom of baking dish with stuffing, reserving enough to sprinkle on top. Add squash mixture. Sprinkle rest of stuffing on top. Bake at 350° for 30 minutes or until top is brown. Freezes well.

Mary Jean Mauldin

SQUASH CASSEROLE

- | | |
|---|------------------------------|
| 2 lb. yellow summer squash or zucchini or mixture of both | 1 c. grated Cheddar cheese |
| 2 eggs, beaten | 1/4 c. margarine, melted |
| | 1/2 to 3/4 c. cracker crumbs |

Slice and cook squash or zucchini in boiling water until tender. Drain well and mash. Mix in the beaten eggs and cheese and half the melted butter. Pour into casserole dish. Mix the remaining melted butter with the cracker crumbs and sprinkle on top. Bake at 300° for 1 hour.

Elisabeth Penry

SQUASH-CARROT CASSEROLE

2 doz. round, buttery crackers
1 (8 oz.) pkg. cream cheese,
softened
2 (10 3/4 oz.) cans cream of
chicken soup
2 eggs, beaten

1/2 c. butter
8 c. sliced yellow squash,
cooked
6 small carrots, grated
1 c. finely chopped onion
1 c. herb stuffing mix

Place crackers in a greased 13 x 9 x 2-inch baking dish; set aside. Combine cream cheese, soup, eggs and butter; beat well. Stir in squash, carrot and onion. Spoon into prepared baking dish; sprinkle with stuffing mix. Bake at 350° for 30 to 40 minutes.

Ruby Phillips

<<< Extra Recipes >>>

<<< Extra Recipes >>>

Breads, Rolls, Pies & Pastry



Baking Tips

COMMON PROBLEMS

[Common Failures]

Biscuits

- Rough biscuits
- Dry biscuits
- Uneven browning

Breads (yeast)

- Porous bread
- Crust is dark and blisters just under the crust
- Bread does not rise
- Bread is streaked
- Bread bakes unevenly

Cakes

- Cracks and uneven surface

Dry cakes

- Heavy cakes
- Sticky crust
- Coarse grained cake

Fallen cakes

Uneven color

Uneven browning

Cookies

Uneven browning

Soggy Cookies

Excessive spreading of cookies

Muffins

Coarse texture

Tunnels in muffins, peaks in center and soggy texture

Pies

- Pastry crumbles
- Pastry tough

Pies do not brown (fruit or custard)

CAUSES OF PROBLEMS

[Causes of Failures]

Insufficient mixing

Baking in to slow an oven and handling too much

Cooking in dark surface pan, too high a temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

Under-rising

Over-kneading or using old yeast

Under-kneading and not kneading evenly

Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

Too much flour, too hot an oven and sometimes from cold oven start

Too much flour, too little shortening too much baking powder or cooking at too low a temperature

Too much sugar or baking too short a period

Too much sugar

Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder

Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

Not mixing well

Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

Cooling cookies in pans instead of racks

Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a temperature

Overmixing

Over-mixing flour and shortening

Using too much water and over-mixing the dough

Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

BREADS, ROLLS, PIES & PASTRY

CHEESE PIE

(10-inch)

1 graham cracker crust
1/8 tsp. nutmeg
1 1/2 lb. cream cheese
2 Tbsp. flour
2 eggs

1 tsp. vanilla
1/2 c. sugar
blueberry or cherry pie
filling

Make graham cracker crust and add 1/8 teaspoon nutmeg. Beat cream cheese, flour, eggs, vanilla and sugar 15 minutes. Put in pie shell. Bake 20 minutes at 350°. Top with pie filling. Chill.

Gay Hanback

HOMEMADE CHOCOLATE ICE CREAM PIE

1 (14 oz.) can Eagle Brand
sweetened condensed milk
(not evaporated milk)
2/3 c. Hershey's syrup

2 c. (1 pt.) whipping cream,
whipped
2 chocolate flavored
Ready-Crust pie crusts

In large bowl, stir together sweetened condensed milk and syrup. Fold in whipped cream. Pour into 2 chocolate-flavored pie crusts or make one pie and freeze remaining as ice cream. Freeze overnight or for several hours.

Linda Robinson

KEY LIME PIE

1 can Eagle Brand milk
1 (6 oz.) can frozen limeade
1 small container Cool Whip
1 graham cracker pie crust

green food coloring
lime slices
1 pt. lime sherbet

Combine milk, limeade and half of Cool Whip. Fold with sherbet, add 3 drops of green food coloring. Pour into crust. Garnish with remaining Cool Whip and lime slices. Chill overnight.

Ora Mae Lisk

ALASKAN ORANGE PIE

3 1/2 c. Rice Chex crushed to
1 c.
7 Tbsp. butter, melted
1/3 c. plus 6 Tbsp. sugar
1/2 c. flaked coconut

2 c. softened vanilla ice
cream
2 c. softened orange sherbet
3 egg whites
1/4 tsp. cream of tartar
1/2 tsp. vanilla

Prepare pie plate. Bake Chex crumbs in shallow pan 10 minutes

at 350°. Combine with melted butter, sugar and coconut. Mix well. Press into bottom and sides of pie plate. Combine ice cream and sherbet in large bowl of electric mixer. Blend on low speed. Pour into crust. Place in freezer. Beat egg whites with vanilla and cream of tartar until soft peaks form. Gradually add 6 tablespoons sugar. Beat until stiff peaks form. Spread meringue over filling carefully sealing to crust. Freeze overnight.

To serve: Bake in preheated 475° oven 2 to 2 1/2 minutes until meringue is slightly browned.

Claudette Kayler

HAWAIIAN PIE

1 large carton Cool Whip
1 can crushed pineapple
juice of 3 lemons
1 can Eagle Brand milk

1 c. chopped pecans
1 small can coconut (may omit)
1 graham cracker pie crust

Mix until thick, Cool Whip, milk and lemon juice. Add other ingredients and pour into a graham cracker pie crust. Chill overnight. Makes 1 large pie.

Nell Colson

HAWAIIAN PIE

1 (9 oz.) container Cool Whip
1 (17 oz.) can crushed
pineapple, drained
1 can sweetened condensed milk
juice of 2 lemons
1 small pkg. frozen coconut

2 large ripe bananas
pecans or walnuts
2 homemade graham cracker
crusts or 2 baked pie
shells

Stir drained pineapple into Cool Whip. Stir the lemon juice into the sweetened condensed milk. Stir coconut and lemon juice mixture into the Cool Whip mixture. Slice 1 banana in each of the pie crusts. Pour mixture evenly into the two crusts. Sprinkle coconut and chopped nuts on top. Refrigerate.

Note: Coconut and bananas may be omitted and the pie is still delicious.

Gail T. Bunn

FROZEN YOGURT PIE

2 (8 oz.) cartons flavored
yogurt

1 (8 or 9 oz.) container Cool
Whip
1 graham cracker crust

Mix containers of yogurt with Cool Whip. Pour into pie crust. Place in freezer for 4 or more hours. Remove from freezer 30 minutes

before serving (longer for softer texture). Return uneaten pie to refrigerator.

Sammie Ussery

FROZEN PIE

- | | |
|--|--------------------------|
| 1 can Eagle Brand milk | 1 large carton Cool Whip |
| 1/3 c. lemon juice | 1/2 c. chopped pecans |
| 1 (No. 2) can crushed pineapple, drained | |

Mix Eagle Brand milk and lemon juice. Fold in pineapple, Cool Whip and pecans. Put in graham cracker crust. Freeze. Keeps well for days. Place in refrigerator for about an hour before serving.

Helen L. Garner

CHOCOLATE COOL WHIP PIE

- | | |
|-------------------------------|----------------------------------|
| 1 (8 oz.) container Cool Whip | 1 graham cracker crust pie shell |
| 1 large Hershey candy bar | |

Melt candy bar in double boiler. Mix melted candy and Cool Whip together and pour into pie shell. Refrigerate.

Lynn Colson

LEMONADE PIE

- | | |
|------------------------------|-------------------------|
| 1 large carton Cool Whip | 1 lemon, juiced |
| 1 small can Eagle Brand milk | 2 graham cracker crusts |
| 1 small can frozen lemonade | |

Mix Cool Whip, milk and lemonade together in a large bowl. Add lemon juice. Pour equal amounts into 2 pie crusts. Chill.

Jennifer Colson

LEMON PIE

- | | |
|---|----------------|
| 2 lemons (juice of 2, grated rind of one) | 2 1/2 c. sugar |
| 6 eggs | 1 c. butter |
| | 1 c. corn meal |

Mix all together and bake until golden brown; test with knife to see if center is done.

Margaret Lisenby

LEMON PIE

- | | |
|---|---|
| 1 unbaked graham cracker crumb pie shell | 1 (6 oz.) can frozen lemonade concentrate, thawed |
| 1 (15 oz.) can sweetened condensed milk | a few drops of yellow food color (may be omitted) |
| 1 c. heavy cream or 1 carton (1/2 pt.) whipping cream | |

Chill pie shell. Whip cream until soft peaks form. Slowly beat

in lemonade concentrate and sweetened condensed milk. Add food color. Mix well (but do not overbeat). Pour in pie shell. Chill at least 3 hours. Makes 6 large servings or 8 smaller servings. If wished, graham cracker crumbs may be sprinkled over pie before chilling.

Nell Colson

REBECCA'S LEMON PIE

3 eggs
1/2 pt. cream

4 tsp. lemon juice
1/2 c. sugar

Mix eggs, sugar and juice. Cook to a custard and cool. Whip cream and add to mixture. Sprinkle vanilla wafer crumbs on bottom for crust and a few on top. Let set overnight in refrigerator.

Sarah C. Skidmore

LEMON CHEESE TARTS

(Tiny)

2 (8 oz.) pkg. cream cheese
3/4 c. granulated sugar

3 eggs, separated
1 tsp. lemon extract

Sour Cream Topping:

1 c. sour cream
2 1/2 Tbsp. sugar

1 tsp. vanilla

Stir together topping ingredients until well blended.

Cream cheese, sugar and egg yolks. Add lemon extract. Beat the 3 egg whites until stiff peaks form. Fold into cheese mixture. Generously grease tiny muffin tins with Crisco and dust with about 1 teaspoon each graham cracker crumbs. Fill tins half full with cheese mixture. Bake at 350° for 15 minutes. Remove from oven and cool 5 minutes. Top with the sour cream mixture, about 1 teaspoon. Return to oven 5 minutes or until set. Cool 10 minutes, remove from pan. Makes about 60 tiny tarts. Keep refrigerated.

Gail T. Bunn

LEMON MERINGUE PIE

1 1/2 c. sugar
1/3 c. cornstarch
1/4 tsp. salt

4 egg yolks, slightly beaten
2 Tbsp. butter or margarine
1/4 c. lemon juice

Meringue:

2/3 c. egg whites (4)
1/4 tsp. salt

1/4 tsp. cream of tartar
2/3 c. sugar

In saucepan, combine sugar, cornstarch and salt. Gradually stir

in 1 1/2 cups water. Bring to a boil over medium heat, stirring constantly. Boil 1 minute. Mixture will be thick and clear. Remove from heat. Stir a little hot mixture into egg yolks. Mix well. Pour back into saucepan. Stir again and boil 1 minute. Remove from heat. Add butter and stir until melted. Add lemon juice. Pour into pie shell. Makes 1 deep-dish or 2 regular pies. Cool while making meringue.

Beat egg whites until foamy. Add salt and cream of tartar. Beat to blend. Add sugar, 1 tablespoon at a time. Beat until stiff. Top pie and brown in oven.

Pam Lisenby

SOUTHERN STYLE RAISIN PIE

2 c. raisins
1 c. boiling water
1/8 tsp. salt
3/4 c. sugar
2 Tbsp. lemon juice

4 Tbsp. cornstarch
1 Tbsp. butter
1/3 c. orange juice
1 tsp. orange rind
1 pie crust

Cook raisins in boiling water with salt, sugar, lemon juice and cornstarch until thick. Add orange juice, rind and butter. Let cool. Put in unbaked pie shell. Place pie crust on top or lattice strips of pastry. Bake at 450° for 10 minutes, then turn oven back to 350° until done.

Ella H. Maner

PEACH COBBLER

1/4 c. shortening
1/2 c. sugar
1 egg
1 1/2 c. flour
2 tsp. baking powder

1/4 tsp. salt
1/4 c. milk
1/2 tsp. lemon juice
peaches or any other fruit you
desire

Sift dry ingredients together. Cream butter, add sugar. Add egg and beat well. Alternate dry ingredients with liquid. Butter casserole. Sprinkle dish with 3 tablespoons brown sugar. Then place a layer of peaches or any other fruit desired. Cover with batter and bake at 400° for 35 to 40 minutes.

Sarah C. Skidmore

BEST PEACH COBBLER

8 firm peaches, peeled and
sliced or one large can
sliced peaches
1 stick margarine
1 1/2 c. sugar
1 c. plain flour

1 tsp. baking powder
1/4 tsp. salt
1/2 c. milk
1/4 tsp. vanilla
1/2 c. water

Grease 10-inch casserole dish. Line with peaches. Cream margarine and 1/2 cup sugar. Mix flour, baking powder and salt and add to cream mixture alternately with milk. Add vanilla. Spoon mixture over peaches. Mix remaining sugar with 1/2 cup of water or use the peach juice if using canned peaches. Bring to a boil and stir until sugar dissolves. Pour over batter. Bake at 350° for 1 hour or until top browns.

Pam Lisenby

NO CRUST PEACH PIE

2 c. fresh sliced peaches
(heaping)
2 Tbsp. flour

1/2 c. sugar
2 to 3 drops almond flavoring

Topping:

1 c. sugar
1 c. flour

3/4 stick butter, melted
1 egg

Mix flour, sugar and almond flavoring. Add peaches and place in bottom of 13-inch Pyrex dish.

Mix topping ingredients in order listed: sugar, flour, butter and egg. Place on top of peach mixture and bake in 375° oven for 30 to 35 minutes.

Mrs. Byron Dunlap

DATE PIE

4 eggs
pinch of salt
2 c. sugar
1 c. dates
1 c. pecans

2 Tbsp. butter, melted
1 Tbsp. orange juice
2 Tbsp. lemon juice
1 tsp. allspice
2 unbaked pie shells

Separate eggs; beat yolks with a pinch of salt. Add remaining ingredients. Add stiffly beaten egg whites. Pour into shells. Bake until firm at 350° for about 40 minutes.

Stella Almond

FRESH STRAWBERRY PIE

1 c. boiling water
1 c. sugar
pinch of salt
3 Tbsp. cornstarch

3 Tbsp. strawberry jello
(heaping)
1 baked pie shell

Mix sugar, cornstarch and jello. Add to boiling water. Cook until thick. Remove from heat and cool. Place strawberries in baked

pie shell. Pour filling over berries. Chill overnight or several hours. Top with Dream Whip or Cool Whip.

Nell Colson

SOUTHERN STRAWBERRY PIE

3/4 c. sugar	1 Tbsp. strawberry flavored gelatin
2 Tbsp. cornstarch	1 qt. fresh strawberries
2 Tbsp. light corn syrup	1 (9-inch) baked pie shell
1 c. sugar	

Combine sugar, cornstarch, corn syrup and water in a saucepan. Bring to a boil. Cook, stirring constantly until clear and thickened. Add gelatin, stirring until dissolved. Cool. Place strawberries in pie shell, pour in gelatin mixture. Chill until firm. Yield: one (9-inch) pie.

Ora Mae Lisk

DAMSON PRESERVES PIE

1 c. Damson preserves	1 tsp. salt
1 c. brown sugar	1 tsp. vanilla
4 eggs, well beaten	1/3 c. melted butter
1/2 c. milk	

Blend preserves and sugar, stirring until all lumps are out. Add eggs, milk, salt and vanilla. Stir in butter. Bake in uncooked pie shell in moderate oven until brown.

Stella Almond

TRADITIONAL PUMPKIN PIE

1 1/2 c. cooked, mashed pumpkin	1/2 tsp. salt
1 c. sugar	1/8 tsp. ground nutmeg
1 c. milk	1/8 tsp. ground cinnamon
2 eggs, beaten	1 tsp. orange extract
2 Tbsp. butter, melted	1 unbaked pastry shell

Combine all ingredients except pastry shell; mix well. Pour into pastry shell; bake at 450° for 10 minutes. Reduce heat to 350°; bake an additional 30 to 35 minutes or until set.

Margaret Lisenby

SWEET POTATO PIE

2 c. mashed sweet potatoes	1 box instant vanilla pudding
1 c. milk	2 eggs
1 c. sugar	1 tsp. vanilla
1 stick margarine	

Mix all together. Makes 2 regular pies. If using deep-dish

crusts, increase sweet potatoes to 2 1/2 cups and milk to 1 1/4 cups. Bake 20 minutes or until done at 350°.

Pam Lisenby

VON'S SQUASH PIE

3 c. grated squash
1 Tbsp. lemon juice
1 Tbsp. coconut flavor

1 Tbsp. flour
3 eggs
1 1/2 c. sugar

Mix all well. Pour in crusts. Bake at 350° for about 45 minutes or until done. Makes 2 pies.

Ethel Blalock

SQUASH COCONUT PIE

2 c. grated raw squash
1 1/2 c. sugar
1/2 stick margarine, melted
3 eggs

1 Tbsp. flour
1 tsp. lemon juice
1 1/2 tsp. coconut flavoring
2 pie shells

Mix all ingredients and pour into pie shells. Bake at 350° for 45 minutes.

Margurette Quinn

CRUSTY COCONUT PIE

1/2 c. milk
1 1/4 c. coconut
1 c. sugar

1/4 c. butter
3 eggs
1 tsp. vanilla

Pour milk over coconut and set aside while creaming butter and sugar. Add eggs and beat mixture well. Then add coconut and flavoring. Pour into an unbaked pie shell. Bake at 350° for about 30 minutes or until pie is golden brown and firm.

Lila Weathersbee

COCONUT PIE

1 c. sugar
3 whole eggs
1 tsp. vanilla
1/2 c. milk

1 1/2 c. coconut
1/4 c. butter or margarine,
melted

Mix all ingredients together and pour into unbaked pie shell. Bake at 350° for 30 minutes. Double recipe for 2 pies.

Pam Lisenby

COCONUT PIE

1 stick butter, melted
5 beaten eggs
2 c. sugar
3/4 c. buttermilk

1 Tbsp. vanilla
1 c. coconut
2 pie shells

Mix together and bake at 325° for 30 minutes (sometimes it is closer to 45 minutes). Make a glaze on pie with stiffened egg whites.

Melisa Isenhour

Nancy Lisenby

IMPOSSIBLE PIE

5 eggs
1 3/4 c. sugar
1/2 c. self-rising flour
2 c. sweet milk

1 tsp. vanilla
1/2 stick butter
1 (7 oz.) can flake coconut

Beat eggs, blend with sugar, add flour and stir in remaining ingredients. Grease pan with butter. Bake 30 to 40 minutes at 350°.

Betty Austin

OWN CRUST EGG CUSTARD

4 eggs
1 c. sugar
3 Tbsp. flour

2 Tbsp. margarine
1 large can milk
1 Tbsp. vanilla

Set oven at 375°. Beat eggs well. Mix in all ingredients and beat. Pour in good size pie plate. Bake for 30 or 35 minutes.

Ethel Blalock

CHOCOLATE CHESS PIE

3 c. sugar
7 Tbsp. cocoa
3 Tbsp. flour
1 c. milk

4 eggs
1 stick margarine
1 tsp. vanilla
2 unbaked pie shells

Melt margarine. Add other ingredients and mix well. Pour into unbaked pie shells. Bake at 375° for 45 minutes. Nuts or coconut may be added.

Margaret Lisenby

CHOCOLATE PIES

1 c. sugar
2 1/2 Tbsp. cocoa
1/8 tsp. salt
1/4 c. cornstarch

3 egg yolks
2 c. milk
1/2 stick margarine
1 tsp. vanilla

Meringue:

3 egg whites
1/4 tsp. cream of tartar

6 Tbsp. sugar
1/2 tsp. vanilla

Mix together sugar, cocoa, salt and cornstarch. Mix in egg yolks and milk. Cook until mixture thickens. Add margarine and vanilla. Pour into baked pie shells. Top with meringue and bake in 325° oven until lightly browned.

Meringue: Have egg whites at room temperature. Add cream of tartar. Beat at high speed until egg whites are foamy. Slowly add sugar and beat until whites hold a stiff peak. Beat in vanilla. Spread over pie, sealing meringue to pie shell. Makes 2.

Sarah Lee
Stella Almond

FUDGE PECAN PIE

1/2 c. butter or margarine
3 Tbsp. cocoa
3/4 c. hot water
2 c. sugar
1/2 c. flour
1/8 tsp. salt

1 tsp. vanilla
1 small can evaporated milk
1 c. pecan halves
1 deep dish pie crust
1 c. whipped topping

Preheat oven and cookie sheet to 350°. In medium saucepan, melt butter. Add cocoa and stir until dissolved. Add hot water. With wire whip blend in sugar and flour mixture, salt, vanilla and evaporated milk. Stir until batter is smooth. Mix in pecans and pour into pie shell. Bake on preheated cookie sheet for 50 minutes or until a knife inserted 1-inch from the edge comes out clean. Cool. Serve with whipped cream (optional).

Jean Riggins

NUDGE'S "OH SO GOOD PIES"

2 c. sugar
4 eggs
1 stick butter
1 Tbsp. vinegar

1 c. raisins
1 c. pecans, chopped
1 c. coconut
2 (9-inch) unbaked pie shells

Cream butter and sugar, add eggs and beat. Mix other ingredients and pour into pie shells. Bake at 350° 35 to 40 minutes or until done. This pie freezes well.

Mary Louise Colson

PECAN PIE

1 box light brown sugar
1/2 c. milk

1 stick margarine, melted
2 Tbsp. flour

3 eggs
1 Tbsp. vanilla flavoring

2 c. chopped pecans

Mix and pour into two pie shells. Bake at 350° for 45 minutes to 1 hour. Makes two pies.

Mary Ethel Clayton

PECAN PIE

1 box light brown sugar
1 stick margarine, melted
4 eggs, beaten
2 Tbsp. corn meal

3 Tbsp. water
pinch of salt
1 tsp. vanilla
1 1/2 c. pecan pieces

Melt margarine. Add sugar. Beat eggs and add to mixture along with other ingredients and mix. Pour into 2 unbaked pie crusts. Bake at 325° for 40 or 45 minutes. Shake pies to see if done.

Mary Frances Colson

PECAN PIE

1/2 stick butter
1 c. white sugar
1/4 c. brown sugar
1/2 c. white Karo syrup

3 eggs
1/2 c. pecans
1 tsp. vanilla

Mix and bake in 325° oven until solid when you test it.

Lila Weathersbee

PECAN PIE

1/3 c. butter
1/2 c. firmly packed brown sugar
1 c. light corn syrup

1 tsp. vanilla
3 eggs, slightly beaten
1 c. chopped pecans
1 (9-inch) unbaked pie shell

Cream butter; add brown sugar gradually and cream; mixing well. Blend in syrup and vanilla thoroughly. Add eggs and pecans. Turn into pie shell. Bake at 450° for 10 minutes. Reduce temperature to 350°; bake for 25 minutes longer.

Susie Bowers

MOTHER'S PECAN PIE

3 eggs
1/2 c. white sugar
1 c. white Karo syrup
1/2 stick butter, melted

pinch of salt
1 tsp. vanilla
1 c. pecans

Place pecans in deep dish pie shell. Mix other ingredients together. Pour mixture over pecans. Bake in 350° oven for 15 minutes.

reduce heat to 325° and bake until done (approximately 15 minutes more).

Ruth F. Curlee

BROWN SUGAR PIE

1 c. brown sugar, packed
1 tsp. vanilla
2 Tbsp. flour

2 Tbsp. butter, melted
3 Tbsp. milk
1 egg, beaten

Mix sugar and flour together. Add milk, vanilla, butter and egg. Pour into unbaked pie shell. Bake at 350° until center no longer quivers. For pecan pie, place 1 cup pecans in bottom of pie shell.

Mrs. Emma S. Dunlap
Heritage Recipe

MOTHER'S OLD-FASHIONED VINEGAR PIE

1/2 c. butter, softened
1 1/4 c. sugar
3 eggs

2 Tbsp. vinegar
1 tsp. vanilla
1 unbaked pie crust

Cream together butter and sugar until light and fluffy. Add eggs, vinegar and vanilla. Beat well. Pour into pie crust. Bake in 350° oven 45 minutes or until knife blade inserted a few inches from outer edge of crust comes out clean. Cool on rack.

Nell Colson

PIE CRUST

2 1/2 c. sifted all-purpose
flour
1 tsp. salt
1 c. shortening

1 egg, slightly beaten
1/4 c. cold water
1 Tbsp. vinegar

Mix flour and salt; cut in shortening with pastry blender until mixture looks like coarse meal. Add egg, water and vinegar all at one time and mix until flour is moistened. Form into a ball, divide into fourths and roll out. Dough will keep in refrigerator for several weeks. Makes two double crust pies. Freezes good.

Margaret Lisenby

ANGEL BISCUITS

5 c. self-rising flour
1 pkg. yeast
1/4 c. sugar

1/2 c. shortening
2 c. buttermilk

Dissolve yeast in 2 tablespoons of warm water. Then mix all

ingredients together. The dough can be refrigerated for 24 hours and does not have to rise. Bake at 350° for 30 minutes.

John W. Thompson

HURRY-UP BUTTERHORN ROLLS

1 pkg. active dry yeast
3/4 c. warm water

2 1/2 c. Bisquick

Dissolve yeast in warm water. Stir in Bisquick. Beat vigorously. Turn onto surface dusted with Bisquick. Knead until smooth, approximately 30 strokes. Cover; let rest 10 minutes. Roll to a 12-inch circle. Cut in 16 wedges. Beginning at end, roll each wedge toward point. Place on greased baking sheet, point side down. Cover with damp cloth, let rise 1 hour until doubled. Bake at 400° 10 to 15 minutes. Brush with butter or margarine while warm.

Pat Reid

REFRIGERATOR ROLLS

2 pkg. yeast
2 1/2 c. warm water
3/4 c. oil
2 1/2 tsp. salt

1/2 c. sugar
2 eggs
7 to 7 1/2 c. flour

Add yeast to warm water in large bowl. Add oil, sugar, eggs, salt and 4 cups flour. Beat until smooth. Stir in remaining flour. Add more flour if needed. Put on floured surface. Knead until smooth. Put in well oiled bowl. Cover and refrigerate. Next day, take dough out, punch down to get out air bubbles. Pinch off what you need, make into rolls. Dough will keep in refrigerator for 3 days.

Ella H. Maner

QUICK CHEESE BREAD

2 eggs
3/4 c. water
2 (5 1/2 oz.) pkg. Martha
White Bix-Mix

1 tsp. dry mustard
1 1/2 c. grated sharp Cheddar
cheese
2 Tbsp. butter

Preheat oven to 350°. Grease 8 1/2 x 4 1/2-inch loaf pan. Beat eggs in large bowl, stir in water and Bix-Mix and beat. Add mustard and 1 cup of the cheese. Mix thoroughly. Pour batter in pan, sprinkle with remaining cheese, dot with butter. Bake for 45 minutes. Let cool before slicing.

Donna Maner Hargett

ONION BREAD

1/2 c. chopped onion
 1 Tbsp. shortening
 1 slightly beaten egg
 1/2 c. milk

1 1/2 c. Bisquick
 1 c. sharp Cheddar cheese
 2 Tbsp. melted butter

Preheat oven to 400°. Saute onion in shortening. Mix egg and milk together. Blend in Bisquick. Add onion and half of cheese. Spread into greased 8 x 1 1/4-inch round pan. Sprinkle with remaining cheese. Sprinkle with butter. Bake for 20 to 25 minutes.

Robbie Vaughn

SKILLET CORN BREAD

1 c. self-rising cornmeal
 1 c. self-rising flour
 1 1/2 c. buttermilk

1/4 c. vegetable oil
 2 eggs, beaten
 1 Tbsp. brown sugar

Combine meal, flour and sugar. Combine remaining ingredients. Mix with dry mixture. Mix well. Pour into well-greased 10-inch iron skillet. Bake at 400° until golden brown.

Mildred McManus

SALMON SOUTHERN CORNBREAD

1 (7 3/4 oz.) can salmon
 1 c. sifted flour
 1 c. corn meal
 4 tsp. baking powder
 1/4 c. sugar

1/2 tsp. salt
 1 egg, beaten
 1 c. salmon liquid and milk
 1/4 c. butter, melted

Drain salmon, reserving liquid. Flake salmon. Sift together flour, corn meal, baking powder, sugar and salt. Combine egg, salmon liquid and butter. Add to dry ingredients and mix just enough to moisten. Stir in salmon. Place in well-greased baking dish, 8 x 8 x 2-inches. Bake in hot 425° oven for 25 to 30 minutes.

Sarah C. Skidmore

TEXAS CORN BREAD

8 oz. sour cream
 1 small can cream-style corn
 2 eggs, beaten

1 c. self-rising corn meal
 1/3 c. oil

Preheat oven to 350°. Combine all ingredients and bake 25 to 30 minutes or until done.

Susie Bowers

ZUCCHINI NUT BREAD

3 c. flour
2 c. sugar
1 c. cooking oil
2 c. shredded zucchini
1/2 c. chopped nuts
1 1/2 tsp. cinnamon

1/4 tsp. baking powder
1 tsp. salt
1 tsp. soda
3 eggs
1 tsp. vanilla

Sift together flour, cinnamon, salt, soda and baking powder. Beat sugar, oil and eggs together. Add dry ingredients and vanilla. Add shredded zucchini and nuts. Bake in 2 loaf pans (4 x 8-inch) or a Bundt pan at 325° for 45 minutes.

Ella H. Maner

BANANA SPICE LOAF

1 pkg. spice cake mix
1 pkg. instant vanilla pudding
4 eggs
1 c. water

1/3 c. oil
2 large bananas
1 c. nut meats

Topping:

3/4 c. brown sugar
1/2 c. margarine

1/2 c. nut meats

Mix eggs, water, oil, bananas and nuts in blender. Pour over cake mix and instant pudding. Stir well. Makes 2 loaves. Line pans with foil. Bake at 350° for 45 minutes. Melt topping on range. Pour over loaves before cool.

Betty Walton

COFFEE CAN SALLY LUNN

4 c. all-purpose flour
1 pkg. yeast
1/2 c. milk
1/2 c. water

1/2 c. corn oil
1/4 c. sugar
1 1/2 tsp. salt
2 eggs, beaten

Preheat oven to 375°. Grease well 2 (1 pound) coffee cans with lids.

Combine 1/2 of flour and yeast in large mixing bowl. Heat milk, water, oil, sugar and salt until warm. Stir well to dissolve. Add to flour and yeast and mix well. Beat in eggs. Gradually beat in rest of flour until smooth and elastic, about 5 minutes.

Divide into coffee cans. Put on lids. Let rise in warm place until about 1-inch from top of can, about 1 hour. Take off lids and bake in preheated 375° oven about 30 minutes until bread is puffed and brown. Let cool 15 minutes and remove from cans. Cover top with foil

if browning too quickly. Serve warm with butter or toast it. Good for breakfast.

Jo Avett

<<< Extra Recipes >>>

Cakes, Cookies & Confections



Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

CAKES, COOKIES, FROSTINGS & CONFECTIONS

RED VELVET POUND CAKE

2 sticks margarine	2 oz. red food coloring
1/2 c. Crisco	3 c. flour
3 c. sugar	1/2 tsp. baking powder
5 eggs, slightly beaten	1 c. milk
1 tsp. vanilla	

Cream together shortening and sugar. Add eggs, vanilla and food coloring. Mix well. Mix alternately with this mixture the flour and milk; ending with flour.

Bake in tube pan for 1 hour and 15 minutes. Start in cold oven. Bake at 325°. Ice with cream cheese icing.

Ruth Clayton

FIVE FLAVOR POUND CAKE

3 c. sugar	1 tsp. butternut flavoring
2 sticks margarine	1 tsp. coconut flavoring
1/2 c. Crisco	1 tsp. rum or almond flavoring
5 eggs, slightly beaten	3 c. unsifted flour
1 tsp. lemon flavoring	1 c. milk
1 tsp. vanilla flavoring	

Mix sugar and shortenings. Add eggs and flavorings. Mix well. Alternately add flour and milk; ending with flour. Bake in tube pan for 75 to 90 minutes. Don't open oven for 1 hour. Start with a cold oven. Bake at 325°.

Ruth Clayton

NELL'S LEMON POUND CAKE

1 c. Crisco	1/2 tsp. baking powder
1 stick margarine	1/2 tsp. salt
3 c. sugar	1 c. milk
3 c. plain flour	2 Tbsp. lemon extract
5 eggs	

Glaze:

lemon juice	water
1/2 c. sugar	

Cream together Crisco, margarine and sugar. Add eggs one at a time, beating well. Add dry ingredients alternately with milk. Mix well. Add lemon flavoring. Pour into well-greased and floured 10-inch tube pan. Bake at 325° for 1 hour and 20 minutes.

Glaze: Mix 1/2 cup sugar, juice of one lemon and enough water

added to juice to make 1/2 cup. Heat in small pan until sugar is dissolved. (Do not boil.) Pour over warm cake. Let set a few minutes and remove from pan.

Nell Colson

CARAMEL NUT POUND CAKE

1 c. butter	3 c. plain flour
1 c. sugar	1 c. chopped nuts
1/2 tsp. salt	1 lb. box light brown sugar
1 Tbsp. vanilla	1/2 tsp. baking powder
1/2 c. shortening	1 c. milk
5 eggs	

Cream butter, shortening and brown sugar. Gradually add white sugar. Add eggs one at a time. Combine baking powder, salt and flour; add alternately with milk. Add vanilla and nuts. Bake at 325° for 1 1/2 hours. Cool cake for 15 minutes before removing from pan. Dust with powdered sugar.

Nancy Vick McSwain

MRS. BARRINGER'S POUND CAKE

1 c. butter, packed solid	1/2 tsp. mace
1 2/3 c. granulated sugar	2 c. flour, sifted
5 unbeaten eggs	

Have a round pan greased and floured. Have oven heated to 325°. Have ingredients measured as mixing must all be done by hand or at very low speed on mixer. Cream the butter. Add sugar and work until very light. Add spice or vanilla and 1 egg at a time and stir until the yolk cannot be seen. Then add another egg in same manner until all are added. Add flour mix and turn at once into pan. Bake slowly about an hour.

Sarah C. Skidmore

POUND CAKE

1/2 lb. butter	1 tsp. vanilla
1/2 c. Crisco	1 tsp. almond flavoring
3 c. sugar	1/2 tsp. baking powder (add last)
6 eggs	1 c. milk
3 c. flour (sifted twice)	

Cream together butter and Crisco. Gradually add sugar. Add eggs one at a time and beat well. After sifting flour twice, add alternately with milk. Add flavorings and then add baking powder. Bake 1 1/2 to 2 hours at 325°.

Alma Rutledge
Nancy Lisenby

CHOCOLATE POUND CAKE

1/2 c. butter
 1 1/2 c. shortening
 3 c. sugar
 5 eggs
 3 c. flour

1 c. sweet milk
 1 tsp. baking powder
 1/4 tsp. salt
 5 Tbsp. cocoa
 2 tsp. vanilla

Cream butter, shortening and sugar together. Add eggs one at a time. Add milk and vanilla. Sift dry ingredients together and add to mixture. Bake 1 hour and 10 minutes at 350°.

John W. Thompson
 Margaret L. Lovelady

FOUR FLAVOR POUND CAKE

1 c. butter, softened
 1/2 c. Crisco shortening
 3 c. sugar
 5 eggs
 3 c. all-purpose flour

1/2 tsp. baking powder
 1/2 tsp. salt
 1 c. milk
 1 tsp. rum flavoring
 1 tsp. coconut flavoring

Topping:

1/2 c. sugar
 1/2 c. water

1/2 tsp. almond flavoring
 2 tsp. rum flavoring

Cream butter and Crisco. Gradually add sugar, beating until light and fluffy. Add eggs one at a time, beating after each addition. Combine flour, baking powder and salt; add to creamed mixture alternately with milk. Mix until blended. Stir in rum and coconut flavoring. Pour batter into greased and floured 10-inch tube pan. Bake at 325° for 1 hour and 45 minutes or until toothpick inserted in center comes out clean.

Combine 1/2 cup sugar and water in small pan. Bring to boil. Add almond and rum flavoring. Pour over hot cake. Cool on rack and remove from pan.

Nell Colson

KENTUCKY POUND CAKE

2 1/2 c. self-rising flour
 2 c. sugar
 1 1/4 c. Crisco oil
 4 eggs
 2 Tbsp. hot water

1 1/2 tsp. ground cinnamon
 1 c. chopped pecans
 1 c. crushed pineapple (add last)

Glaze:

1/2 c. sugar

1/2 c. pineapple juice

Drain pineapple. Save juice for glazing cake.

Slightly beat eggs and sugar and Crisco oil. Then add flour, cinnamon, pecans and hot water. Add crushed pineapple last. Grease and flour pan (Bundt, tube or oblong). Bake at 325° for 1 hour and 10 minutes.

Glaze: Heat (do not boil) 1/2 cup sugar and 1/2 cup pineapple juice. Pour over still warm cake.

Nell Colson

CREAM CHEESE POUND CAKE

1 c. margarine, softened
1/2 c. butter, softened
1 (8 oz.) pkg. cream cheese,
softened
3 c. sugar

6 large eggs
1/4 tsp. salt
2 tsp. vanilla
3 c. cake flour

Combine margarine, butter, sugar and cream cheese. Beat well. Add salt and eggs, one at a time. Beat well after each addition. Add flour and vanilla. Mix well. Pour into greased and floured 10-inch tube pan. Place in cold oven. Set oven at 275°. Bake 1 1/2 hours or until tested done. Cool in pan.

Mildred McManus

BUTTERNUT POUND CAKE

1 1/2 c. Crisco
3 c. sugar
6 eggs

3 3/4 c. plain flour
3/4 c. sweet milk
3 tsp. butternut flavor

Bake in tube pan at 300° for 1 1/2 hours.

Nancy Lisenby

COLD OVEN POUND CAKE

2/3 c. Crisco
2/3 c. butter
3 c. sugar
5 eggs
3 1/2 c. cake flour

1 tsp. baking powder
1 tsp. cream of tartar
1 tsp. vanilla
1 tsp. lemon flavoring
1 c. milk

Grease tube pan and flour. Cream butter and Crisco with sugar, one cup at a time. Add one egg at a time. Mix dry ingredients. Put lemon and vanilla in milk. Add dry ingredients and milk gradually to mix, putting all milk in before all dry ingredients. Bake in cold oven at 300° for 1 1/2 hours. (Do not preheat.)

Linda Robinson

BUNDT POUND CAKE

2 sticks butter
2 c. sugar
2 c. all-purpose flour
5 large eggs

1/2 tsp. baking powder
(optional)
1 tsp. or more vanilla or any
preferred flavoring

Have all ingredients at room temperature for at least two hours. Preheat oven to 350°. Grease and flour lightly a large heavy Bundt cake pan. Put all ingredients into large bowl of mixer at one time, (except add flavoring after mixing). Beat on medium speed of mixer 10 minutes, stopping about three times to scrape sides of bowl and beaters. Pour into pan. Bake at 350° about 1 hour or until tests done. Cool in pan on rack 30 minutes to 1 hour, no longer. Turn onto rack to cool.

Jo Avett

ORANGE CRUSH POUND CAKE

1 c. vegetable shortening
1/2 stick butter
2 3/4 c. sugar
5 eggs

3 c. all-purpose flour
1 c. Orange Crush
1 tsp. orange flavoring
1 tsp. vanilla

Cream shortening, butter and sugar. Add eggs, one at a time, mixing well. Add Crush alternately with sifted flour. Add flavorings. Pour into greased and floured 9-inch tube pan. Bake at 325° for 1 hour and 10 minutes.

Frosting:

1/2 stick butter
1 (3 oz.) pkg. cream cheese,
softened

1 tsp. orange flavoring
1 c. powdered sugar
1/2 tsp. vanilla

Cream together butter and cream cheese. Add powdered sugar and flavorings. Spread over warm cake. Sundrop can be substituted for Crush; use lemon flavoring instead of orange.

Lisa Davis

PINEAPPLE POUND CAKE

2 c. vegetable shortening
3 c. sugar
8 large eggs
3 c. plain flour

1 tsp. salt
1 tsp. vanilla
1 (8 oz.) can crushed
pineapple with juice

Cream shortening and sugar. Add eggs one at a time and beat well. Add flour and salt. Add vanilla. Gradually stir in pineapple. Grease bottom of tube pan. Add batter and bake at 325° for 1 1/4 hours or until cake tests done.

Note: There is no baking powder or soda in this recipe.

Glaze:

1 Tbsp. butter
1 c. brown sugar

1/4 c. milk

Mix and boil about 10 minutes. Cool mixture. Add 1 teaspoon vanilla and pour over cake.

Grace U. Lefler

NORWOOD "WEAKLY" POUND CAKE

3 c. sugar
2 sticks butter
1/4 c. Crisco
4 large eggs

3 c. flour
1 tsp. vanilla
1 tsp. lemon flavoring
1 c. milk

Cream sugar and shortening and add other ingredients as in other pound cakes. (No baking powder.) Bake at 350° for about 1 hour and 15 minutes.

Mildred Norwood

CARAMEL NUT CAKE

6 eggs, separated
1 tsp. baking powder
2 c. graham cracker crumbs
1 Tbsp. flour
1 c. brown sugar
1 pt. whipping cream
2 eggs, beaten

1 1/2 c. sugar
1 tsp. vanilla
1 c. chopped walnuts
1/4 c. orange juice
1/4 c. butter
1/2 tsp. vanilla

Beat yolks well. Combine sugar and baking powder and add to yolks. Add 1 teaspoon vanilla. Beat whites until stiff but not dry. Fold into yolk mixture. Fold in crumbs and nuts. Pour into two (9-inch) cake pans, greased and lined with waxed paper. Bake at 325° for 30 to 35 minutes. Cool. Remove from pans. Spread layers with whipped cream. Meanwhile, combine brown sugar and flour in saucepan. Add orange juice, butter and 2 eggs. Cook over low heat until thickened. Stir in vanilla. Cool. Pour over cake, letting it dribble down sides. Refrigerate for several hours before serving.

Katherine Collins

RED DEVIL'S FOOD CAKE

2 c. cake flour
1/4 tsp. salt

2 well beaten eggs
1 tsp. vanilla

**1/3 pkg. dry yeast in 2 1/4
Tbsp. warm water
1/2 c. soft shortening
1 1/2 c. sugar**

**1/2 c. cocoa
1 small can evaporated milk
3/4 tsp. baking soda in 2 1/2
Tbsp. warm water**

Sift flour before measuring and add salt. Let stand. Soften yeast in 2 1/2 tablespoons warm water. Let stand. Put shortening in bowl. Gradually add sugar, mixing until light and fluffy. Add eggs and vanilla. Sift cocoa and add to batter. Add flour mixture alternately with milk, beginning and ending with flour. Beat until smooth after each addition. Mix in softened yeast. Cover and refrigerate overnight.

Next morning, preheat oven to 350°. Grease 2 deep 8-inch cake pans. Dissolve soda in 2 1/2 tablespoons warm water. Stir into cake mixture. Pour into prepared cake pans. Bake 30 minutes or until cake shrinks from sides of pans. Let stand 5 minutes before turning out. Frost with favorite frosting.

Laura Frances Young

COCONUT CAKE

**1 box white pudding recipe
cake mix
1 c. sugar
1 c. milk**

**1 (7 oz.) pkg. Dover Farms
frozen coconut
1 carton Cool Whip**

Make cake according to package directions. Bake in rectangular pan. Mix milk and sugar until sugar is dissolved, then pour over slightly cooled cake. Sprinkle with coconut, reserving a little for the top. Then spread with Cool Whip and sprinkle with remaining coconut. Keep refrigerated.

Mary Ella Vick

GREAT COCONUT CAKE

**1 Deluxe white cake mix
1 tsp. coconut flavoring
2/3 c. evaporated milk
1/2 c. powdered sugar**

**1 tsp. vanilla
1 tsp. coconut flavoring
water**

Mix cake mix with 1 teaspoon coconut flavoring and bake as directed. While warm, pierce cake with toothpicks and pour milk, sugar, vanilla and flavoring (add enough water to this mixture to make 2 cups). Pour over cake. Cool and add 1 container (small) of Cool Whip and 1 package fresh frozen coconut. Refrigerate.

Sarah Lee

CARROT CAKE

2 c. sugar
 1 1/2 c. Crisco oil
 3 c. finely grated carrots
 2 tsp. soda

2 tsp. cinnamon
 2 c. plain flour
 1 tsp. salt
 4 eggs

Icing:

1 stick margarine
 1 box powdered sugar
 1 (8 oz.) pkg. cream cheese

1/2 c. chopped pecans
 2 tsp. vanilla

Cream sugar and oil. Add eggs and beat well. Add remaining ingredients and mix well. Bake at 350° until done. Makes 3 (8-inch) layers. Let cool, then ice using Cream Cheese Icing.

Mix margarine, cream cheese and vanilla. Add powdered sugar. Beat well. Spread between layers and on top of cake. Put chopped pecans on top of cake.

Nell Colson

RAISIN CAKE

1 (1 lb.) box seedless raisins
 2 c. cold water
 1 1/2 c. chopped apples
 1 stick margarine
 2 c. sugar
 1/2 tsp. salt
 1 c. cold water or milk

1 Tbsp. cinnamon
 1 tsp. nutmeg
 1/2 tsp. cloves
 1 level Tbsp. soda (dissolved
 in a little water)
 4 c. plain flour

Cook raisins and apples in water for 10 minutes. Cool this mixture slightly and add all other ingredients except the flour, mixing well. Then add the flour, a little at a time, mixing well after each addition. Pour into 6 small loaf pans (6 x 3 1/2 x 2-inch) well-greased. Bake 45 to 50 minutes. (A large Bundt cake pan may be used.)

Joyce Reid

CHESS CAKE

1 stick margarine, softened
 1 egg
 1 box yellow cake mix
 2 eggs

1 (8 oz.) pkg. cream cheese,
 softened
 1 box 10x sugar

Mix margarine, egg and cake mix with spoon. Spread in 9 x 13 x 2-inch pan. (Mixture will be very stiff.)

Mix 2 eggs, cream cheese and powdered sugar with electric mixer and spread on cake layer. Bake 45 minutes at 325° or 350°.

Betty Shankle

OOWIE GOOWIE CAKE

Crust:

1 box white cake mix
1 egg

1 stick butter

Cake:

8 oz. cream cheese
3 eggs

1 box 10x powdered sugar
1 tsp. vanilla

Preheat oven to 350°. Melt butter in 13 x 9-inch pan. Combine cake mix, egg and melted butter to form crust. Press mixture into bottom of pan. Cake: combine remaining ingredients and pour over crust. Bake at 350° for 40 minutes.

Nancy Vick McSwain

PUNCH BOWL CAKE

2 yellow cake layers
2 small pkg. vanilla instant
pudding
1 can fruit cocktail, drained
1 large can crushed pineapple,
drained

1 can cherry pie filling
2 c. chopped nuts
2 (8 oz.) containers Cool
Whip, thawed
2 (6 oz.) pkg. frozen, flaked
coconut

Into punch bowl, place one cake layer. Add one package of pudding prepared by directions on package. Add half of the fruit cocktail, pineapple and pie filling, half of the nuts, one container of Cool Whip and one package of coconut. Add second cake layer and repeat all layers. Chill until serving time. Serves 35.

Lisa Davis
Sarah Lee

IRENE'S APPLE CAKE

1 1/2 c. plain flour
1 c. sugar
1/2 tsp. salt
1 1/2 tsp. baking powder
1/2 c. vegetable oil
2 eggs
1/2 c. milk

1 tsp. vanilla
2 tsp. lemon juice
4 large apples
1/2 c. sugar
1/2 tsp. cinnamon
1/4 c. melted butter

Mix flour, sugar, salt and baking powder in a bowl. Add oil, eggs and milk. Beat until batter is smooth. Add vanilla and lemon juice. Pour into a greased jellyroll pan. Spread evenly. Peel and quarter apples. Cut into thin slices. Place apple slices on batter. Mix together 1/2 cup sugar and cinnamon. Sprinkle evenly over apple

slices and cake batter. Bake at 350° for 45 minutes. Spread melted butter over cake as soon as it comes from oven.

Evelyn Guffy

APPLE CAKE

3 c. sifted flour	1 tsp. baking soda
2 c. sugar	1 tsp. cinnamon
3 eggs	1 1/4 c. vegetable oil
1 tsp. vanilla	1/4 c. orange juice
2 c. grated unpeeled apples	1 c. chopped walnuts
1 c. flaked coconut	

Buttermilk Sauce:

1 c. sugar	1/2 tsp. soda
1 stick margarine	1/2 c. buttermilk

Cook sauce ingredients, stirring constantly to boiling.

Sift dry ingredients. Combine sugar, eggs, oil, vanilla and orange juice. Beat with electric mixer until well blended. Stir in flour mixture. Fold in apple, walnuts and coconut. Spoon into tube pan. Bake at 325° for 1 1/2 hours. Cool 15 minutes. Remove from pan. Puncture with wood pick. Spoon hot Buttermilk Sauce over warm cake.

Gail T. Bunn

CHRISTMAS APPLE CAKE

1/4 c. butter	1 c. flour
1 c. sugar	1/2 tsp. cinnamon
1 egg	1/2 tsp. salt
1 tsp. vanilla	1/2 tsp. nutmeg
3 c. diced apples	1 tsp. soda

Mix ingredients adding apples last. Bake at 350° in 8 x 8 x 2-inch greased pan. Yield: 9 servings.

Sauce for Top:

1 c. sugar	2 1/2 Tbsp. cornstarch
1/2 c. butter or margarine	1 tsp. vanilla
1/2 c. cream (I use evaporated milk)	

Beat together, stirring until thick. Serve warm.

Mary Jane Komlos

1-2-3-4 CAKE

1 c. butter	4 eggs
2 c. sugar	1 c. milk
3 c. plain flour	1 tsp. vanilla

3 tsp. baking powder
1/2 tsp. salt

1/2 tsp. almond extract

Cream butter, gradually adding sugar, creaming until light and fluffy. Sift flour, baking powder and salt. Add eggs, one at a time, to creamed mixture. Add flour mixture alternately with milk and flour. Bake 25 to 30 minutes at 350°.

Mary Ethel Clayton

PEANUT BUTTER CRUMB CAKE

1 c. self-rising flour
3/4 c. packed brown sugar
1/2 c. peanut butter

2 Tbsp. butter, softened
1/2 c. milk
1 egg

In large bowl, stir flour and sugar. Add peanut butter and butter. Beat at low speed just until crumbly. Set aside 1/2 cup of this mixture. Add milk and egg to remaining mixture. Beat for 3 minutes at medium speed. Pour batter into greased and floured 9 x 1 1/2-inch round pan. Sprinkle reserved crumb mixture over top. Bake at 350° for 30 to 35 minutes.

Robbie Vaughn

PETER PAUL CAKE

1 devil's food cake mix

chocolate icing

Filling:

1 c. sugar
1 c. milk

12 large marshmallows
1 (12 oz.) pkg. coconut

Mix cake mix and cook according to directions. Cool cake, then cut layers in two with string.

Cook filling on low heat (sugar and milk). Add 12 large marshmallows. Stir until melted. Add coconut. Spread on layers. Use chocolate icing on top and sides, but not between layers.

Linda Robinson

PINCH CAKE

4 pkg. biscuits
4 tsp. cinnamon

1 stick margarine
1/2 c. sugar

Cut biscuits in squares and drop in bag where you have 1/4 of the cinnamon and sugar. Shake. Then put into a greased Bundt pan. Mix the margarine, sugar and cinnamon together. Pour this over the squares in the pan. Bake at 350° for 40 minutes.

Note: Sometimes use 1/2 cup brown sugar for a different taste.

Mary Ethel Clayton

SUPREME CAKE

1 yellow or white cake mix
1 can Borden's evaporated milk
1 (15 oz.) can well-drained
crushed pineapple

1 c. chopped nuts
whipped cream
shredded coconut

Bake cake mix according to instructions. Cool slightly. Pour slowly over the cake the can of evaporated milk. Cover with pineapple and cup of chopped nuts. Cover with whipped cream or topping. Sprinkle with slightly toasted coconut.

Lela Maude Lowder

PINEAPPLE CHIFFON CAKE

2 1/4 c. all-purpose flour
1 1/2 c. sugar, divided
1 Tbsp. baking powder
1 tsp. salt
7 eggs, separated
1/2 c. vegetable oil

1 (8 1/4 oz.) can crushed
sweetened pineapple
1 tsp. lemon peel
1 Tbsp. fresh lemon juice
2 tsp. vanilla extract
1/2 tsp. cream of tartar

Combine flour, 1 cup sugar, baking powder and salt in mixing bowl. Add egg yolks, vegetable oil, undrained pineapple, grated lemon peel, lemon juice and vanilla. Beat egg whites with cream of tartar to soft peaks. Slowly beat in remaining 1/2 cup sugar until stiff peaks form. Pour pineapple mixture over beaten egg whites; fold in until completely blended. Pour into ungreased 10-inch tube pan. Bake on lowest rack in 325° oven 65 to 70 minutes until cake tests done. Invert pan until cake has completely cooled.

Gay Hanback

COLD LEMON CAKE

1 box lemon cake mix with
pudding
1 can sweetened condensed milk

1 small can frozen lemonade
1 (8 oz.) container Cool Whip

Bake cake according to directions making 3 layers. Mix remaining ingredients for filling. When cake is completely cool, stack with filling and ice with same. Refrigerate. Best when made a couple of days before using.

Shirley Cagle

LEMON PINEAPPLE CHEESE CAKE

1 c. sugar
1 (8 oz.) pkg. cream cheese

1 box lemon jello
1 c. hot water

1 c. crushed pineapple,
drained
1 carton whipped topping

32 graham crackers
1/4 c. melted butter

Allow cheese to soften at room temperature, then add sugar. Mix jello with 1 cup hot water, let cool. Crush graham crackers, add melted butter and press into a 9 x 13-inch dish. Chill. Mix jello, pineapple, cheese mixture and whipped topping. Add to crumb crust. Chill well. May be made day before.

Ella H. Maner

COFFEE CAKE

2 c. sugar
2 sticks margarine
2 eggs
1 c. sour cream
1 tsp. vanilla

2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt

Topping:

4 Tbsp. brown sugar
1 Tbsp. cinnamon

1 c. chopped pecans
powdered sugar

Blend sugar, margarine and eggs together. Mix well. Slowly and carefully fold in sour cream and vanilla. Add all dry ingredients. Spoon 1/2 of batter in a greased and floured Bundt pan and sprinkle with 1/2 of the topping. Then spoon remainder of batter and topping. Bake at 350° for 50 to 60 minutes. Let cool in pan. Turn upside down and dust with powdered sugar.

Cindy Beane

SOUR CREAM COFFEE CAKE

1 c. butter (no margarine)
2 c. sugar
2 eggs
1 c. dairy sour cream

1/2 tsp. vanilla
2 c. all-purpose flour
1 tsp. baking powder

Mix Together:

1 c. chopped pecans
1 Tbsp. plus 1 tsp. sugar

1 tsp. cinnamon

Cream butter and 2 cups sugar until light and fluffy. Beat in eggs, one at a time. Fold in sour cream. Add vanilla. Mix flour, baking powder and salt. Fold into batter. Spread 1/3 batter into greased and floured 8-inch spring-form pan. Sprinkle 3/4 of pecans, sugar and cinnamon mixture over batter. Add remaining batter. Top

with remaining nut mixture. Bake at 325° for 1 hour and 20 minutes or until wooden pick comes out clean. Cool completely on wire rack.

Jean Riggins

BANANA SPLIT CAKE

1 c. margarine
2 eggs
1 box powdered sugar

2 c. graham cracker crumbs
with margarine

Mix together 1 cup margarine, eggs and sugar for 15 minutes. Mix graham cracker crumbs with margarine. Press into a 9 x 13-inch pan. Spread filling on crumbs. Slice three bananas on top of filling.

Drain well 1 large can pineapple and spread on bananas.

Prepare 2 packages of whipped topping and spread over mixture. Sprinkle with chopped nuts and place in refrigerator for three hours before serving. Top each slice with cherries.

Rachel S. Lowder

EASY PEANUT BUTTER COOKIES

1 (14 oz.) can Eagle Brand
milk
3/4 c. peanut butter

2 c. biscuit mix
1 tsp. vanilla
sugar

Beat milk and peanut butter together until smooth. Add biscuit mix and vanilla and mix well. Shape into 1-inch balls, roll in sugar and place 2-inches apart on ungreased baking sheet. Flatten with fork. Bake at 375° for 6 to 8 minutes. Makes about 5 dozen.

Ella H. Maner

Brian Bowers

SWEDISH BUTTERNUT COOKIES

2 c. butter or margarine
1 1/2 c. sugar
6 egg yolks
1 tsp. almond extract

4 1/2 c. flour
1 egg white, slightly beaten
1 c. ground walnuts

Cream together butter and sugar until light and fluffy. Blend in egg yolks and almond extract. Gradually add flour to creamed mixture; mix well. Shape dough in 2-inch strips about 1/2-inch thick. Dip in egg white, then in walnuts. Place 2-inches apart on ungreased baking sheets. Bake in 425° oven about 8 minutes or until golden brown. Remove from baking sheets. Cool on racks. Makes 12 dozen. Good for bridal showers.

Nell Colson

PUMPKIN COOKIES

1/3 c. shortening
1 c. sugar
1 c. pumpkin
2 1/4 c. flour
4 tsp. baking powder
1 tsp. cinnamon

1/4 tsp. ginger
1/4 tsp. nutmeg
1/4 tsp. salt
1/4 tsp. vanilla
1/2 tsp. lemon extract
1/2 c. black walnuts

Cream shortening and sugar. Add pumpkin. Mix well. Add sifted dry ingredients, vanilla and lemon extract. Drop onto an ungreased cookie sheet. Bake in 375° oven.

Stella Almond

1-2-3-4 COOKIES

1 c. butter
2 c. sugar
3 c. flour

4 eggs
1 1/2 tsp. baking powder
2 Tbsp. warm water

Cream butter and sugar and add eggs not separated. Sift flour and baking powder together. Add to mixture alternately with water. Add flour in rolling to make right consistency. Cut with biscuit cutter, 1/4-inch thick and sprinkle sugar on top. Bake in moderate oven. Do not pile together until cold.

Beth Bowers

THOMAS JEFFERSON'S BACHELOR BUTTONS

3/4 c. butter, softened
1 3/4 c. sugar
2 eggs, beaten
1 tsp. vanilla
3 c. plain flour

2 tsp. baking powder
1/2 tsp. salt
maraschino cherry halves, well
drained

Cream butter and sugar; add eggs and vanilla, beating well. Sift together flour, baking powder and salt. Add to creamed mixture, mixing well. Drop dough by teaspoonfuls 3-inches apart onto greased cookie sheets. Press a cherry half in center of each cookie. Bake at 375° for 8 to 10 minutes. Remove from cookie sheets and cool.

Ginger Colson
Marianne Bumgarner-Davis

LADY FINGERS

1 c. butter
1/4 c. confectioners sugar
2 tsp. vanilla
1 Tbsp. water

2 c. plain flour
pinch of salt
1 c. chopped pecans

Cream together butter, sugar, vanilla and water. Add flour and

salt; mix well. Add chopped pecans. Form into 1 1/2-inch rolls. Bake on ungreased cookie sheet at 300° for 20 minutes or until brown. Remove from pan and roll in confectioners sugar while hot.

Margaret Lisenby

CRISP COCOA COOKIES

1 1/4 c. plain flour
1/2 tsp. baking soda
1/4 tsp. salt
1 c. sugar

1/2 c. soft butter or
margarine
1 egg
1 tsp. vanilla
1 c. Cocoa Krispies cereal

Preheat oven to 350°. Lightly grease cookie sheets. Sift flour, salt and soda together; set aside. In large bowl cream butter and sugar until light and fluffy. Add egg; mix well. Stir in flour mixture. Drop by teaspoonfuls 2-inches apart on cookie sheets. Bake 12 minutes. Remove from pan; cool on wax paper. Store in airtight container. Will keep a long time.

Nell Colson

CAKE MIX COOKIES

1 pkg. cake mix (any flavor)
2 Tbsp. water

1 egg

Mix with a fork and with hands, because it's a very stiff dough. Place small balls of dough on an ungreased cookie sheet and bake for 8 to 10 minutes at 375°. Yield: 4 dozen.

Rolled cookies are made the same with 3 tablespoons water instead of 2.

For variation add any of the following: peanut butter, nuts, dates, coconut or chocolate chips.

Mary Louise Colson

KENTUCKY COOKIES

1 box Keebler graham crackers
1 stick butter
1 stick margarine

1 c. chopped almonds or pecans
1/2 c. white sugar

Butter cookie sheet well. Break crackers apart and line on cookie sheet as close as possible. Melt margarine and butter slowly in saucepan. Turn up heat and bring to boil. Add sugar. Boil and stir constantly for 2 minutes. Pour over crackers. Sprinkle nuts over all. Bake in 325° oven for 11 or 12 minutes. Remove from oven. Place on wax paper to cool. Separate as you take off of paper. Makes 4 dozen.

Margaret Skidmore

CHOCOLATE PECAN COOKIES

1 can Eagle Brand sweetened
milk
1 (12 oz.) bag chocolate chips
2 Tbsp. butter

1 c. all-purpose flour
1 c. chopped nuts
1 tsp. vanilla

Preheat oven to 350°. Melt milk, chocolate chips and butter on low. Add and mix remaining ingredients. Drop on cookie sheet. Bake for 5 minutes.

Robbie Vaughn

CHOCOLATE CHIP COOKIES

2/3 c. shortening
2/3 c. butter or margarine,
softened
1 c. granulated sugar
1 c. brown sugar, packed
2 eggs
2 tsp. vanilla

3 c. plain flour
1 tsp. soda
1 tsp. salt
1 c. chopped nuts
2 (6 oz.) pkg. semi-sweet
chocolate pieces

Heat oven to 375°. Mix thoroughly shortening, butter, sugars, eggs and vanilla. Stir in remaining ingredients. (For softer, rounder cookies add 1/2 cup flour.)

Drop dough by rounded teaspoonfuls 2-inches apart onto ungreased baking sheet. Bake 8 to 10 minutes or until light brown. Cook slightly before removing from baking sheet. Yields about 7 dozen cookies.

Marianne Bumgarner-Davis
Ginger Colson

ORANGE-OATMEAL COOKIE BARS

1/2 c. vegetable shortening
1/4 c. margarine
3/4 c. firmly packed brown
sugar
3/4 c. granulated sugar
1 egg
1/4 c. orange juice
1 tsp. vanilla

grated rind of one orange
3/4 c. chopped pecans
3 c. quick cooking oats,
uncooked
1 c. all-purpose flour
1/2 tsp. baking soda
1/2 tsp. salt

Preheat oven to 350°. In large bowl, cream together shortening and margarine. Beat in sugars, egg, orange juice and vanilla until smooth and well beaten. Mix in orange rind and chopped nuts. Add remaining ingredients and stir until thoroughly mixed. Smooth into greased 13 x 9 x 2-inch pan. Bake at 350° for 30 minutes. Remove from oven and cut into squares while warm. Allow to cool and remove from pan. Makes approximately 35 (1 1/2-inch) squares.

For drop cookies, drop by generous teaspoonfuls onto greased

cookie sheets. Bake about 14 minutes at 350°. Makes approximately 4 1/2 to 5 dozen.

Elisabeth Penry

CREAM CHEESE COOKIE BARS

1 box yellow cake mix
1 stick margarine, melted
3 eggs

1 (8 oz.) pkg. cream cheese
1 box powdered sugar

Blend cake mix, margarine and 1 egg by hand. Mixture will be very thick. Spread into bottom of 9 x 12-inch pan. Press with hands, if necessary. Blend cream cheese, 2 eggs and powdered sugar with mixer. Pour over first layer. Bake at 350° for 45 minutes. For variation, try other cake mix flavors.

Pam Lisenby

MERINGUE COOKIES

2 egg whites
3/4 c. sugar

1 c. nuts or chocolate chips

Preheat oven to 350°. In a metal bowl, beat egg whites until they hold a peak. Add 2 tablespoons sugar at a time and beat until glossy and still holds a peak. Fold in one cup of nuts or chocolate chips. Spoon onto ungreased cookie sheet 1-inch apart. Place in oven and turn oven off. Leave for several hours or overnight. Keep in an airtight container.

Pam Lisenby

PECAN COOKIE SQUARES

3/4 c. brown sugar
1/2 c. mayonnaise
1 tsp. vanilla

1 c. flour
1 tsp. baking powder
3/4 c. chopped pecans

Mix sugar, vanilla, mayonnaise and vanilla until blended. Stir in flour, baking powder and 1/2 cup pecans. Press into square 8-inch baking pan. Press remaining pecans into dough. Bake 15 minutes at 350°. Cool. Cut into squares, approximately 12 squares. Recipe can be doubled.

Betty Walton

CRISP SUGAR COOKIES

2 c. sugar
1 c. butter or margarine
4 eggs
4 1/2 c. sifted flour
2 tsp. baking powder

1 tsp. salt
1 tsp. baking soda
2 Tbsp. milk
1 1/2 tsp. vanilla, coconut or
lemon flavoring

Cream together sugar and shortening. Add eggs one at a time. Beat well. Sift together dry ingredients. Add dry ingredients alternately with milk to creamed mixture. Mix well. Chill dough in refrigerator 3 hours or overnight.

Roll dough to 1/4-inch thick on floured surface. Cut with floured cookie cutter. Place 2-inches apart on greased cookie sheet. Bake in 400° oven 10 minutes or until golden brown. Cool about a minute before removing from cookie sheet.

Nell Colson

OLD-FASHIONED OATMEAL COOKIES

1 c. raisins	1 tsp. baking soda
1 c. water	1 tsp. salt
3/4 c. shortening	1 tsp. cinnamon
1 1/2 c. sugar	1/2 tsp. baking powder
2 eggs	1/2 tsp. cloves
1 tsp. vanilla	2 c. oats
2 1/2 c. flour	1/2 c. chopped walnuts

Simmer raisins and water over medium heat until raisins are plump, about 15 minutes. Drain raisins, reserving the liquid. Add enough water to reserved liquid to measure 1/2 cup. Cream together thoroughly shortening, sugar, eggs and vanilla. Blend in raisin liquid. Stir in remaining ingredients. Drop dough by rounded teaspoonfuls about 2-inches apart onto ungreased baking sheet. Bake 8 to 10 minutes in 400° oven or until light brown. Immediately remove cookies from baking sheet.

Gay Hanback

OATMEAL DATE COOKIES

1 c. Crisco shortening	1/2 tsp. salt
1 c. brown sugar	2 c. quick-cooking oats
1 c. white sugar	1 c. coconut
3 eggs	1/2 c. chopped walnuts or pecans
2 c. flour, sifted	1 c. chopped dates
1 tsp. baking powder	1 tsp. vanilla
3/4 tsp. baking soda	

Cream shortening and sugars together until light and fluffy. Add eggs. Beat well. Blend in vanilla. Sift together flour, salt, baking soda and baking powder. Add gradually to creamed mixture. Mix well. Stir in oats, coconut, nuts and dates. Drop by teaspoonfuls about 2-inches apart on greased cookie sheets. Flatten with bottom of glass dipped in sugar. Bake in 375° oven 8 minutes or until lightly browned. Makes 5 dozen.

Nell Colson

COOKIES FOR DIABETICS

1 1/4 c. water
 2 c. seedless raisins
 2 eggs, beaten
 2 tsp. liquid sweetener
 1 tsp. baking powder
 1/2 tsp. salt

1/3 c. salad oil or margarine
 2 tsp. cinnamon
 1/2 tsp. nutmeg
 2 Tbsp. water
 1 tsp. soda
 2 c. flour

Combine 1 1/4 cup water, oil, raisins, cinnamon and nutmeg. Boil together for 3 minutes. Cool. Dissolve salt, soda and sweetener in 2 tablespoons water and add to beaten eggs. Stir into the cooled raisin mixture. Mix well. Add nuts and drop by spoonfuls onto a greased cookie sheet. Bake at 350° until light brown.

Nell Colson

CREAM CHEESE ICING

1 stick margarine
 1 (8 oz.) pkg. cream cheese

1 box powdered sugar
 2 tsp. vanilla

Cream margarine and cream cheese. Mix in sugar and vanilla; beat well.

Note: Only 1/2 recipe is needed for tube cake.

Nancy Vick McSwain

Desserts



Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water	1 c. sifted cake flour 1 c. sifted all-purpose flour 1 whole egg	1 c. minus 2 T. sifted all-purpose flour 1 c. plus 2 T. sifted cake flour 2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. sour milk	1 c. sweet milk and 1 T. lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar	1 c. canned tomatoes 1 c. molasses 1 c. honey	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min. 1 c. honey ¾ c. sugar plus ¼ c. liquid
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda	1 c. granulated sugar 1 t. baking powder	1 ½ c. brown sugar or 1 ½ c. powdered sugar ¼ t. baking soda plus ½ t. cream of tartar
1 c. sour, heavy cream (for sour milk recipe)	½ c. butter and ⅔ c. milk	1 lb. cornmeal 1 lb. cornstarch 1 lemon rind 3-4 med. oranges 1 orange rind 23 soda crackers 15 graham crackers	3 cups 3 cups 1 Tbsp. grated 1 cup 2 Tbsp. grated 1 cup crumbs 1 cup crumbs
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk		
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)		
1 1-oz. square unsweetened chocolate	3 T. cocoa plus ½ T. shortening		
1 T. cornstarch (for thickening)	2 T. flour (approx.)		
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks		

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

DESSERTS

PECAN ROLLS

1 (7 oz.) jar Marshmallow
Creme
1 box powdered sugar
1 tsp. vanilla or almond
flavoring

1/4 tsp. butter flavoring
1 (14 oz.) bag caramels
2 Tbsp. canned milk
chopped pecans

Mix Marshmallow Creme, powdered sugar, vanilla or almond flavoring and butter flavoring and form into 8 logs. Wrap in plastic wrap and place in freezer. In double boiler melt caramels with milk. Roll logs in caramel then in chopped pecans.

Margaret Lisenby
Nancy Lisenby

PEANUT BRITTLE

2 c. sugar
2 c. raw peanuts
1 c. Karo syrup

1/2 c. water
1 Tbsp. baking soda

Using candy thermometer, mix and cook to 300° all ingredients except soda. At 300° add soda and stir quickly. Pour onto greased surface and stretch and break into pieces as it cools.

John W. Thompson

CREAM CHEESE MINTS

2 1/2 c. powdered sugar,
sifted

3 oz. cream cheese
1/2 tsp. peppermint flavoring

Mix together sugar, cream cheese and flavoring. Mix and knead as you would for a biscuit dough. Roll dough into long finger-size rolls and cut into 1/2-inch pieces. Allow mints to stand uncovered at room temperature overnight or until they dry out somewhat and crust forms on top. Cover in a tin box and store or freeze. (The candy dough may also be rolled out like a pie dough and cut with tiny round cutters, then decorated with icing, if desired.)

Pat Reid

HOLIDAY FUDGE

4 1/2 c. sugar
pinch of salt
1/2 lb. butter
1 large can evaporated milk
3 (6 oz.) pkg. semi-sweet chocolate chips

1 (7 or 8 oz.) jar marshmallow
cream
2 c. nuts
1 tsp. vanilla

Mix sugar, salt, butter and evaporated milk. Bring to boil, stirring constantly. Then boil 8 1/2 minutes without stirring. Remove from heat. Add chocolate. When melted add marshmallow cream, nuts and vanilla. Mix well. Pour in large Pyrex dish. Let stand several hours to set. Makes about 5 pounds.

Margaret Lisenby

RUBY'S PEANUT BUTTER FUDGE

2/3 c. milk
1 Tbsp. vanilla
2 c. sugar
1/4 c. cocoa

pinch of salt
2 Tbsp. butter
1/3 c. peanut butter

Mix milk, vanilla, sugar, salt and cocoa. Bring to a soft bubbly boil. Cook until it bubbles if one drop is dropped in cold water. Add butter and peanut butter. Pour in dish. Allow to harden.

Sam Ussery

CHERRY ICE CREAM

1 bottle maraschino cherries
2 (16 oz.) bottles Cheerwine

2 1/2 c. sugar
whole milk to fill freezer

Chop cherries. Add Cheerwine and sugar. Mix well. Pour into freezer. Add enough milk to fill freezer to desired level.

Nell Colson

MILKY WAY ICE CREAM

8 Milky Way bars
2 c. milk
6 eggs

1 1/2 c. sugar
2 tsp. vanilla
2 large cans evaporated milk

Melt Milky Ways in milk in double boiler or over very low heat in heavy saucepan. Cool. While mixture is cooling, beat eggs until softly piled. Add sugar; beat well. Add vanilla and evaporated milk. Fold in Milky Way mixture. Mix well. Pour into 1 gallon ice cream freezer. Add milk to fill freezer. Mix well. Freeze according to freezer directions.

Stella Almond

BUTTER PECAN ICE CREAM

2 c. chopped pecans
3 Tbsp. melted margarine
3 (14 1/2 oz.) cans evaporated milk

2 (3 3/4 oz.) pkg. vanilla pudding mix
2 1/2 c. sugar
1 tsp. vanilla
2 qt. milk

Saute pecans in margarine, stirring for about 5 minutes or until

toasted. Let cool. Combine ingredients. Freeze until firm. Makes 1 1/2 gallons.

Margaret Skidmore

ORANGE SHERBET

1 can Eagle Brand milk
1 pkg. lemon jello

2 Tbsp. boiling water
Orange Crush

Dissolve jello in water. Add milk; pour into ice cream freezer and add Crush to make 1 gallon.

Lisa Davis

GERMAN CHOCOLATE ICE CREAM

2 (13 oz.) cans evaporated
milk
2 oz. chocolate
1 (12 oz.) jar caramel topping
1 egg

1 c. sugar
1 c. pecans, toasted and
chopped
1/2 c. coconut (optional)

Combine 1 can milk and chocolate in small saucepan. Cook over medium heat, stirring until chocolate melts. Add caramel and cook until melted. Remove from heat. Beat eggs and sugar in large mixing bowl. Stir in chocolate mixture. (Add coconut, optional.) Stir in remaining can of milk. Refrigerate until well chilled. Freeze in ice cream freezer. Sprinkle nuts on top to serve.

Mary Jean Mauldin

LEMON CHEESECAKE ICE CREAM

1 c. cottage cheese
1/3 c. freshly squeezed lemon
juice
3 egg yolks
3/4 c. sugar

1/2 tsp. grated lemon peel
1/2 tsp. vanilla
2 c. half and half
3 egg whites

In a blender, puree cottage cheese and lemon juice until smooth; set aside. In a medium bowl, beat egg yolks and sugar until smooth and thick. Stir in pureed cottage cheese mixture, lemon peel, vanilla and half and half; set aside. In medium bowl, beat egg whites until stiff but not dry. Fold into egg yolk mixture. Pour into ice cream canister. Freeze. Makes 2 quarts.

Sarah Lee

HOMEMADE ICE CREAM

Basic:

4 eggs
2 c. sugar

2 large cans evaporated milk
1/4 c. vanilla

Peppermint:

1 1/4 c. sugar

2 c. crushed peppermint candy

Strawberry:

1 1/2 c. sugar

2 (10 to 16 oz.) pkg. frozen

1 Tbsp. almond flavoring

strawberries, juice and all

Beat eggs and sugar. Add milk and vanilla. Put into freezer container and add homogenized milk to fill line. Beat according to directions.

Claudette Kayler

YOU ALWAYS ASK FOR SECONDS

graham crackers

1 c. sugar

2 sticks margarine

1/2 c. milk

1 egg

1 tsp. vanilla

1 c. graham cracker crumbs

1 c. coconut

1 c. pecans

1 c. powdered sugar

3 Tbsp. milk

1 tsp. vanilla

Line a 9 x 13-inch pan with graham crackers and set aside. Mix together sugar, margarine, 1/2 cup milk, egg and 1 teaspoon vanilla. Let boil 5 minutes. Add graham cracker crumbs, coconut and pecans. Mix well and spread over crackers in pan. Add another layer of graham crackers.

Mix together the powdered sugar, 1 teaspoon vanilla and milk. Spread over last layer of crackers. Cut and serve. Also good kept in refrigerator. May also be frozen.

Joyce Reid

GRAHAM CRACKER DELIGHTS

graham crackers

1 c. chopped pecans

1 stick margarine

1 stick butter

1/2 c. sugar

Line sheet cake pan with foil. Place graham crackers on foil. Sprinkle chopped pecans over graham crackers. Boil margarine and butter with sugar for 3 minutes (count time after mixture begins to boil). Pour over graham crackers and bake at 350° for 7 minutes. Break apart while warm.

Pat Reid

Susie Bowers

MR. GARRETT'S POPCORN BALLS

2 qt. popped corn
1 c. peanuts
1 c. brown sugar
1/3 c. dark molasses or Karo
syrup
1/3 c. water

1 Tbsp. vinegar
2 Tbsp. butter
1/8 tsp. soda
1/2 tsp. vanilla
1 can coconut
1/2 box Rice Krispies

Mix sugar, molasses, water, vinegar and butter. Boil gently without stirring until hard ball is formed in cold water. Add soda and vanilla and stir well. Pour over popcorn, peanuts, coconut and Rice Krispies. Form into balls while warm. Yield: 8 large popcorn balls.

Mary Jane Komlos

CHRISTMAS TREAT

(Orange Coconut Balls)

1 (12 oz.) pkg. vanilla wafers
1 (1 lb.) box powdered sugar
1 stick margarine, softened

1 (6 oz.) can frozen orange
juice concentrate, thawed
1 c. finely chopped nuts
1 (7 oz.) can flaked coconut

Crush vanilla wafers to fine crumbs. Add sugar, margarine, orange juice and nuts; mix well. Form into balls, roll some in powdered sugar and some in coconut flakes. Can be frozen for long time. Store in canisters.

Ella H. Maner

PEANUT BUTTER BALLS

1 box powdered sugar
1/2 lb. whipped margarine
1 c. peanut butter

3/4 block paraffin
1 (12 oz.) pkg. chocolate
chips

Mix sugar, margarine and peanut butter. Shape into small balls. Melt paraffin and chocolate chips in double boiler. Dip balls into chocolate. Cool on wax paper.

Ann Colson

ORANGE BALLS

1 (6 oz.) can frozen orange
juice
1 box powdered sugar

1 box graham cracker crumbs
1 c. chopped nuts
1 can coconut

Mix together orange juice, powdered sugar, cracker crumbs and nuts. Roll into balls and roll in coconut.

Nell Colson

BUTTERNUT BALLS

2 c. flour
1/4 c. sugar
1/2 tsp. salt

2 tsp. vanilla
powdered sugar

Sift flour, sugar and salt. Add butter, softened, and vanilla. Mix well. Add 2 cups chopped nuts and mix. Roll into small balls and bake on ungreased cookie sheet for 10 minutes at 350°. Cool for a few minutes and roll in powdered sugar.

Susie Bowers

CONGO SQUARES

2/3 c. margarine
1 box dark brown sugar
2 3/4 c. plain flour
2 1/2 tsp. baking powder

1/4 tsp. salt
3 eggs
2/3 pkg. chocolate chips
1 c. nuts

Melt 2/3 cup margarine. Add 1 box dark brown sugar. Mix well and set to cool. Sift together flour, baking powder and salt. To margarine-sugar mixture add 3 eggs, beating after each one. Add dry ingredients. Mix well. Add 2/3 package chocolate chips and 1 cup nuts. Toss lightly. Bake 25 minutes at 350° on a well-greased cake pan or two 8 x 8-inch pans.

Sam Ussery

BUTTERSCOTCH SQUARES

1 stick butter
1 egg
1 c. brown sugar
1 c. flour

1 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla
1 c. nuts

Melt one stick of butter in pan. Beat 1 egg. Add 1 cup brown sugar and cream together. Pour melted butter over mixture. Add 1 cup flour, 1 teaspoon baking powder, 1/4 teaspoon salt, 1 teaspoon vanilla and 1 cup nuts. Bake in pan that the butter was melted in for 25 or 30 minutes in 300° oven.

Rachel S. Lowder

CURRIED FRUIT

1 can pineapple chunks (No. 303 size)
1 can pear halves
1 can peaches, sliced
1 c. cooked prunes, pitted
1 c. maraschino cherries

1 c. fruit juice, mixed
1/2 c. light brown sugar
1 Tbsp. oleo
2 Tbsp. cornstarch
1 tsp. curry powder

Arrange fruit in 9 x 12-inch glass baking dish. (Reserve

juices.) Stir juice into dry ingredients and cook together until thickened. (More juice can be added if necessary to make a rather thin mixture.) Pour over fruit. Place in 300° oven 10 minutes before serving.

Evelyn Norwood

NILLA FRUIT ROLLS

1 c. margarine	1/2 c. coconut
2 c. flour	1 (6 oz.) pkg. pecan halves
1/2 c. sour cream	18 oz. apricot preserves
1 egg, separated	confectioners sugar glaze
30 Nilla wafers, crushed (about 1 c.)	

In medium bowl cut margarine into flour until crumbly. Combine sour cream and egg yolk; blend into flour mixture to form a soft dough. Divide dough into 4 equal parts; wrap separately and refrigerate several hours or overnight.

Set aside 48 pecan halves; chop remaining nuts and combine with Nilla crumbs and coconut. On well-floured pastry cloth, roll one portion of chilled dough into 12-inch square. Spread 1/3 cup of preserves; sprinkle with 1/4 crumb mix. Roll like jellyroll. Place on ungreased baking sheet. Cut 3/4 of way through at 1-inch intervals making 12 sections. Complete other 3 rolls the same. Brush with beaten egg white. Bake at 350° for 35 to 40 minutes. Cool. Top with pecan half on each section and drizzle with confectioners sugar glaze.

Julian Trail, Jr.

APPLE CRISP

4 c. apples, peeled and sliced	1 tsp. cinnamon (blend in sugar)
1/2 c. sugar	1 tsp. lemon juice

Topping:

1/3 c. brown sugar	1/4 c. butter or margarine
1/3 c. quick cooking oatmeal	1/2 tsp. cinnamon
1/3 c. flour	

Place apples in buttered casserole. Sprinkle with lemon juice and the 1/2 cup sugar with cinnamon. Blend butter or margarine with brown sugar, cinnamon, flour and oatmeal. Put topping over apples and bake at 350° for 30 to 35 minutes.

Ella H. Maner

APPLE CHEESE CRISP

4 c. apples, sliced	1 tsp. lemon juice
3/4 c. sugar	1/4 c. water (if needed)

Topping:

1/2 c. plain flour
1/4 c. margarine or butter
1/2 tsp. salt

3/4 c. sharp grated Cheddar
cheese

Put sliced apples, sugar and lemon juice in buttered casserole dish. Mix cheese, butter, flour and salt. Sprinkle over top of apples. Bake at 350° until brown and top is crisp, about 30 minutes. Serves 8.

Nita Bunn

CRANBERRY-APPLE CASSEROLE

3 c. tart apples, sliced
2 c. fresh cranberries

1 c. sugar

Topping:

1 c. brown sugar
1 c. rolled oats
1/2 c. chopped pecans

1/3 c. flour
1/2 stick melted margarine

Mix apples, cranberries and sugar and pour into 9 x 13-inch baking dish. Sprinkle topping over mixture and bake at 325° for 1 hour.

Cindy Beane

CRANBERRY-APPLE CASSEROLE

3 c. red apples, diced,
unpeeled
2 c. raw cranberries

1 c. sugar
1/4 c. orange juice

Topping:

1 stick melted margarine
1 c. brown sugar
1 c. Quaker oats

1/3 c. flour
1/4 c. chopped nuts

Mix apples, cranberries, sugar and orange juice and place in a greased casserole. Mix remaining ingredients and pat on top of first mixture. Bake at 350° for about 1 hour or until brown on top.

Mildred Norwood

FROZEN STRAWBERRY DESSERT

1 c. flour
1/4 c. brown sugar
1/2 c. walnuts or pecans,
chopped
1/2 c. butter, melted
2 egg whites, beaten stiff
1 c. granulated sugar

2 Tbsp. lemon juice
1 c. whipped cream or Cool
Whip
2 c. sliced fresh strawberries
or 1 (10 oz.) pkg. frozen
strawberries
2/3 c. sugar

Mix flour, brown sugar, walnuts or pecans and butter together. Spread in shallow pan. Bake at 350° for 20 minutes, stirring occasionally. Sprinkle 2/3 of the crumbs in 13 x 9 x 2-inch baking pan. Combine egg whites (beaten) granulated sugar, berries and lemon juice in large bowl and beat at high speed to form stiff peaks (10 minutes). Fold in whipped cream, spoon over crumbs, top with remaining crumbs. Freeze overnight or 6 hours. Garnish with whole berries (optional). Serves 8.

Mary Jane Komlos

STRAWBERRY ANGEL FOOD DESSERT

2 (3 oz.) pkg. strawberry
Jell-O
2 Tbsp. sugar
1 (8 oz.) Cool Whip

2 (10 oz.) pkg. sliced frozen
strawberries, thawed
pinch of salt
1 (10-inch) angel food cake,
torn in pieces

Dissolve Jell-O in 2 1/2 cups boiling water. Stir in strawberries, sugar and salt. Chill until mixture begins to thicken; fold in Cool Whip. Cover bottom of 9 x 13-inch pan with cake pieces; pour strawberries and cream mixture over cake. Refrigerate for 4 to 5 hours to set. Yield: 10 to 15 servings.

Pat Reid

SWEET POTATO PUDDING

1 1/4 c. sugar
2 c. grated potatoes
1 egg, beaten

3/4 c. milk
1 tsp. salt
1/2 c. melted butter

Mix all ingredients together. Bake at 350° for 1 hour.
Ruth Clayton

BANANA PUDDING

2 Tbsp. flour or cornstarch
1 1/2 c. sugar
3 egg yolks

2 3/4 c. milk
1/2 stick butter
1 tsp. vanilla

Into a double boiler put 2 tablespoons flour (3 if you desire

thick pudding), 1 1/2 cups of sugar, 3 egg yolks and 2 3/4 cups of milk. Cook at medium heat, stirring only occasionally until desired thickness. Add 1 teaspoon vanilla and 1/2 stick butter. Cover with meringue, brown and serve.

Sammie Ussery

DATE PUDDING

1 pkg. dates
1 c. granulated sugar
1 Tbsp. shortening
1 egg
1 1/2 c. plain flour
1/2 tsp. salt

1/2 c. nutmeats
1 c. hot water
1 tsp. soda
1 c. brown sugar
1 c. hot water
1 Tbsp. oleo

Cut up dates and soak in hot water. When cool add soda. Prepare 9 x 13-inch baking pan with brown sugar, hot water and oleo.

Cream sugar and shortening. Add egg and mix. Add dry ingredients alternately with date mixture. Stir in nuts. Pour into pan. DO NOT stir mixture into liquid. As it bakes it forms a thick sauce on the bottom of the pudding. Good served hot or cold and with a dollop of whipped topping. Baking time: 30 minutes at 350°.

Evelyn Norwood

CHOCOLATE DESSERT

1 c. plain flour
1 stick margarine
1/2 c. nuts
1 c. powdered sugar
1 (8 oz.) pkg. cream cheese

1 large container Cool Whip
2 small pkg. instant chocolate
pudding
3 c. cold milk

Let margarine soften and work together flour, margarine and nuts. Press into square or round pan deeper than pie pan. Bake 20 minutes at 300°. Allow crust to cool.

Mix together powdered sugar, cream cheese and 1/2 container Cool Whip. Spoon into pan on top of crust and level with spoon. Then mix the 2 packages pudding with the 3 cups milk until slightly thickened. Add as next layer. Spread remaining Cool Whip on top and sprinkle with nuts, if desired.

Note: For variation use instant lemon or butterscotch pudding. For a lighter chocolate, use 1 package chocolate and 1 package vanilla pudding.

Pam Lisenby

BUTTERSCOTCH TORTE

1 1/2 c. plain flour
1 1/2 sticks margarine

1 small (8 oz.) Cool Whip
2 instant butterscotch pudding

1 c. chopped nuts
1 1/4 c. powdered sugar
8 oz. cream cheese

3 c. milk
1 large Cool Whip
1/4 to 1/2 c. chopped nuts

Mix flour, margarine and nuts. Press into bottom of 13 x 9-inch pan. Bake 20 minutes at 350°. Cool.

Cream sugar and cream cheese. Fold in 8 ounces Cool Whip and spread over baked crust. Mix pudding and milk. Pour over cheese layer and chill until sets. Spread 1 large Cool Whip on top. Sprinkle with 1/4 to 1/2 cup nuts.

Carolyn Trail

CHIPS 'N MAC DELIGHT

2 pkg. Chips 'n Mac cookies
(Jacks)

Cool Whip or whipped cream
milk

Dip cookies lightly in milk (one at a time). Line bottom of a deep serving dish with cookies. Cover cookies with a 1-inch layer of cream or Cool Whip. Add another layer of cookies and cover with another layer of cream until dish is full. Chill in refrigerator 24 hours or in freezer 2 hours. May be cut in squares.

Mary Frances Colson

CHOCOLATE ECLAIR CAKE

2 (3 3/4 oz.) pkg. French
instant vanilla pudding
3 c. milk

1 (9 oz.) container whipped
topping
graham crackers

Chocolate Topping:

1/4 c. milk
1/3 c. cocoa
1 c. sugar

1/8 tsp. salt
1/4 stick margarine
1 tsp. vanilla

Combine pudding mix and milk. Mix well. Fold in thawed whipped topping and beat two minutes at medium speed. Butter a 9 x 13-inch dish. Place layer of whole graham crackers in dish. Spread one-half of pudding mixture over crackers. Top with second layer of graham crackers. Spread remaining half of pudding mixture over crackers. Top with third layer of crackers. Pour cooled chocolate topping over cake. Refrigerate until ready to serve.

Chocolate Topping: Combine milk, cocoa, sugar and salt in saucepan. Boil one minute. Remove from heat, add margarine and vanilla. Cool. Top cake.

Pat Reid

CHOCOLATE ECLAIR DESSERT

2 pkg. French vanilla instant
pudding
3 c. milk

1 (8 oz.) small carton Cool
Whip
1 box graham crackers
1 can chocolate frosting

Line 12 x 9-inch pan with graham crackers, not crushed. Mix instant pudding with milk. Fold Cool Whip into pudding mixture. Pour 1/2 of mixture over crackers. Add another layer of crackers and pour remaining pudding into pan. Add a layer of crackers and ice with chocolate frosting. Keep refrigerated.

Ginger Colson
Marianne Bumgarner-Davis

CHEW BREAD

1 stick margarine
1 box light brown sugar
3 eggs
2 c. self-rising flour

1 tsp. vanilla
nuts, coconut and chocolate
chips

Cream sugar and margarine. Add eggs, one at a time, beating well after each one. Add flour and vanilla. Fold in other ingredients. Put in greased 9 x 13-inch pan. Bake at 300° for 40 minutes.

Myrtle Jones

DELICIOUS BROWNIES

1 c. butter
2 c. sugar
4 eggs
1/2 c. cocoa
1 c. plain flour

dash of salt
1 Tbsp. vanilla
nuts
6 oz. bag marshmallows

Topping:

1 stick margarine
1 box 10x powdered sugar
3 Tbsp. cocoa (heaping)

1 tsp. vanilla
1/3 c. cream

Beat butter and sugar until creamy. Add eggs, one at a time, beating until lemon colored. Add cocoa, flour, salt and vanilla. Beat until smooth. Pour into 9 x 13-inch or larger pan. Sprinkle nuts over top. Bake at 325° for 25 minutes. Should not be crusty, should remain moist, but toothpick in center should come out clean. Pour on marshmallows when removed from oven. Pour on topping while still warm.

Topping: Put all in small mixer bowl. Beat on high speed until smooth. Pour over brownies while they are warm. Cool and slice.

Claudette Kayler

LEMON SQUARES

1 box lemon cake mix
1 stick margarine
1 egg

1 (8 oz.) cream cheese,
softened
1 box powdered sugar
2 eggs

Mix cake mix, margarine and one egg. Press into a 9 x 13-inch pan. Then mix cream cheese, sugar and two eggs. Pour over first layer. Bake at 350° for 35 minutes.

Ginger Colson
Marianne Bumgarner-Davis

PETITE CHERRY CHEESECAKES

24 vanilla wafers
2 (8 oz.) pkg. cream cheese,
softened
3/4 c. sugar
2 eggs

1 Tbsp. lemon juice
1 tsp. vanilla
1 (1 lb. 5 oz.) can cherry pie
filling

Beat together cream cheese, softened, sugar, 2 eggs, lemon juice and vanilla until light and fluffy. Line small muffin pans with 24 paper cups; place a vanilla wafer in the bottom of each. Fill cups 2/3 full with cheese mixture. Bake at 375° for 15 to 20 minutes or just until set. Top with 1 tablespoon cherry pie filling. Chill. Makes 2 dozen cakes.

Sarah Lee

CHEESE CAKE

2 c. graham cracker crumbs
2 sticks margarine
2 Tbsp. powdered sugar
2 pkg. lemon jello
10 oz. boiling water
10 oz. cold water

2 (8 oz.) pkg. cream cheese
(room temperature)
2 c. sugar
1 Tbsp. plus 1 tsp. vanilla
2 large cans Pet milk

Place milk in refrigerator for 24 hours before using. Dissolve jello in 10 ounces of boiling water; add cold water and place in refrigerator until cool. DO NOT LET CONGEAL. Whip milk by hand until it gets thick and foamy; do not whip too long. Mix cream cheese well. Add sugar and vanilla and blend.

Melt margarine; add crumbs and powdered sugar to make crust. Mix chilled jello mixture with cheese mixture. Blend well. Put crust in bottom of dish and pour other mixture on top. Chill.

Richard Lisenby

PETRA'S DELICIOUS CHEESECAKE

1 small pkg. lemon jello
1 c. boiling water
3 Tbsp. lemon juice
1 (8 oz.) pkg. cream cheese
3/4 c. sugar
1/2 tsp. vanilla

1 tall can evaporated milk,
chilled
1 lb. pkg. graham cracker
crumbs
1/2 c. butter

Dissolve jello in boiling water. Add lemon juice and cool. Cream together cream cheese, sugar and vanilla. Add jello and mix well. Whip evaporated milk and fold into jello mixture.

Add butter to graham cracker crumbs. Mix well. Line pan with graham cracker crust. Add filling. Sprinkle remaining crumbs on top for garnish. Chill until firm. Makes 2 (8 or 9-inch) pie plates.

Mildred Norwood

<<< Extra Recipes >>>

Beverages, Sandwiches & Misc.



Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add $\frac{1}{4}$ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using ic-dized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

BEVERAGES, SANDWICHES & MISCELLANEOUS

HOT ORANGE JUICE PUNCH

3 cans (small) frozen orange
juice
9 cans water
1/2 c. ReaLemon juice
2 qt. apple cider

2 whole sticks cinnamon
8 to 10 whole cloves
1 1/2 c. sugar
2 oranges, cut into cart
wheels

Place 2 oranges, spices and sugar in a large saucepan with enough water to cover. Bring to boiling point. Remove spices and add other juices. Make hot but don't boil. This makes 30 small cups.

Polly Mabry

ORANGE MINT JULEP

2 (6 oz.) cans frozen orange
juice
1 c. fresh chopped mint
1 c. sugar

14 oz. sparkling water or
ginger ale
1/2 c. lime juice

Reconstitute juice. Heat 2 cups juice and bring to boil, watching carefully to prevent boil over. Combine mint and sugar and mash in a small bowl with fork. Pour hot juice over mint. Let set until cool. Strain, discarding mint. Add remaining orange juice and lime juice. Chill. Add ginger ale or sparkling water just before serving. Serve over ice. Yields 8 servings.

Gail T. Bunn

CREAMY HOT CHOCOLATE MIX

6 oz. powdered creamer
1/2 c. powdered sugar
8 qt. size powdered milk

2 lb. box chocolate flavored
drink mix

Mix all ingredients thoroughly and store in an airtight container. Use 1/3 cup mixture in a cup and finish with boiling water.

Sam Ussery

PINK LADY PUNCH

2 qt. ginger ale
1 large can pineapple juice

1 large bottle cranberry juice
1 qt. pineapple sherbet

Chill juices and, when ready to serve, pour over sherbet and add ginger ale. Makes about 50 small servings.

Nell Colson

VEGETABLE SANDWICHES

1 large carrot
1 small onion
1 cucumber, peeled
1 pepper

1 envelope unflavored gelatin
1 c. mayonnaise
salt to taste

Grate all the vegetables. Squeeze them to remove as much juice as possible. Mix 2 tablespoons juice with envelope of gelatin. Put into a small container and melt over hot water. Add vegetables to gelatin mixture. Fold in mayonnaise and add salt. Use to make sandwiches or with crackers.

Mary Ethel Clayton

CROCK-POT APPLE BUTTER

12 c. cooked apples, puree
until smooth
6 c. sugar

1/2 c. cinnamonhots
1/2 c. vinegar

Put applesauce in pot on high. Cook down for 3 hours. Add sugar and vinegar. Cook 6 hours. Then add cinnamonhots and cook until thick. Be sure to cook with lid on, but place 6 or 8 paper towels under lid to collect steam.

Ella H. Maner

EGG CASSEROLE

6 hard-boiled eggs
2 Tbsp. finely chopped onions
1 can mushroom soup

1/2 c. milk
2 c. crushed potato chips

Slice hard-boiled eggs. Place in shallow baking dish and sprinkle with finely chopped onions. Mix soup with milk and pour over eggs and onions. Top with crushed potato chips. Bake 35 minutes in 350° oven.

Miriam J. Sims

WILD RICE CASSEROLE

1 c. uncooked wild rice or
Chilton House wild rice
blend
1 tsp. salt
3 c. boiling water
2 Tbsp. butter
2 Tbsp. green pepper
4 Tbsp. minced onion
1 (4 oz.) can sliced mushrooms

1 (10 oz.) can cream of
mushroom soup, undiluted
3/4 c. half and half cream
1/4 tsp. dried marjoram
1/8 tsp. basil
1/8 tsp. tarragon
1/2 tsp. curry powder
1/2 tsp. salt
1/4 tsp. black pepper

Cook rice until all water is absorbed. Add all other ingredients and bake at 325° until heated through and bubbly.

Jean Riggins

MACARONI AND CHEESE

1 (8 oz.) pkg. elbow macaroni
2 cans cream of Cheddar cheese
soup

1 c. milk
1 (1 lb.) can stewed tomatoes,
undrained

Cook macaroni according to package directions. Drain well. Pour into a 2 or 2 1/2 quart, greased casserole. Bake 30 minutes at 300°.

Lela Maude Lowder

MUSHROOM PILAF

1 stick butter or margarine
1 1/2 c. rice (regular)
1 can beef consomme soup
1 can onion soup

2 lb. fresh mushrooms,
cleaned, trimmed and sliced
1 c. cheese

Melt butter in 2-quart casserole in oven. Stir rice in to coat. Add other ingredients except cheese. Stir well. Cover and bake 55 minutes at 325° until liquid is absorbed. Stir occasionally. Five minutes before done, cover with 1 cup cheese.

Mary Jane Komlos

OLD-FASHIONED DRESSING

3/4 c. onion, chopped
1 c. celery, chopped
1/4 c. shortening
4 c. stale bread, toast (about
8 slices cut in small
cubes)

1 c. giblets, chopped (turkey
or chicken)
3/4 tsp. poultry seasoning
1/4 tsp. pepper
1 egg
1 1/2 c. stock or water

Cook onion and celery in shortening until slightly tender. Add cornbread and bread crumbs. Cook and keep stirred until lightly browned. Add giblets and mix well. Add salt, pepper and poultry seasoning. Beat egg slightly, add to stock. Pour over dressing, stirring well.

Stuff dressing lightly in turkey just before baking or bake at 375° in a greased pan for 30 to 40 minutes. Serves 12. Allow 3/4 to 1 cup per pound of turkey if stuffed bird. Freezes well uncooked.

Susie A. Bowers

BARLEY CASSEROLE

1/2 c. butter or margarine
 1 c. quick-cooking fine barley
 1 medium onion, chopped
 1 (2 oz.) dehydrated onion
 soup mix
 2 c. chicken broth

1 (3 oz.) can drained sliced
 or chopped mushrooms or 3/4
 c. fresh mushrooms sauteed
 in a little butter
 1 (5 oz.) can sliced water
 chestnuts, drained
 1/2 c. slivered almonds

Saute barley and onion until golden in color. Stir frequently. Combine soup mix and chicken broth. Add rest of ingredients to barley and stir well. Turn into casserole (about a 9 x 12-inch size). Cover and bake at 350° for 1 hour, adding more liquid if needed.

This can be prepared a day ahead of time and refrigerated. If you do store, you will need to add more liquid. Homemade chicken broth is best. If use a prepared canned soup such as Campbell's, be sure to dilute with an equal amount of water. If prepared soup isn't concentrated, probably won't need extra water.

Jo Avett

<<< Extra Recipes >>>

APPETIZERS, RELISHES & PICKLES

SAUSAGE-CHEESE TIDBITS.....	1
SAUSAGE BALLS.....	1
SPICED NUTS.....	1
BUTTERED PECANS.....	1
SUGAR COATED PEANUTS.....	1
BAR-B-QUE MEAT BALLS.....	2
MEAT BALLS.....	2
SPINACH DIP.....	2
CREAM CHEESE SPREAD.....	2
CHEESE BALL.....	3
VEGETABLE-CHEESE BALL OR DIP.....	3
CHEESE BALL.....	3
CHEESE BALL.....	3
DEVILED BISCUITS.....	4
SQUASH RELISH.....	4
QUICK CORN RELISH.....	4
SWEET PEPPER RELISH.....	4
KOSHER DILL PICKLES.....	5
BOB'S DILL PICKLES.....	5
CUCUMBER CINNAMON RINGS.....	5

SOUPS, SALADS & SAUCES

HOT POTATO SOUP.....	7
BROCCOLI SOUP.....	7
PEEL-A-POUND SOUP.....	7
HOMEMADE VEGETABLE SOUP.....	7
HAM AND CANNELLINI SOUP.....	8
JUNKYARD SALAD.....	8
FRUIT SUPREME.....	8
YUMMY SALAD OR DESSERT.....	9
STRAWBERRY SALAD.....	9
GREEN SALAD.....	9
APRICOT CHEESE SALAD.....	9
ORANGE SHERBET SALAD.....	10
CORN CHOWDER.....	10
ORANGE-PINEAPPLE SALAD.....	10
PINEAPPLE CHIFFON SALAD.....	11
BLENDER CONGEALED SALAD.....	11
CRANBERRY SALAD.....	11
CRANBERRY SALAD.....	11
CRANBERRY SALAD.....	12
CRANBERRY SALAD.....	12
BLUEBERRY SALAD.....	12
BLUEBERRY SALAD.....	13
MOLDED VEGETABLE RELISH.....	13
CELERY NUT SALAD.....	13
CUCUMBER SALAD.....	14
ENGLISH PEA SALAD.....	14
SAM'S POTATO SALAD.....	14
IRISH POTATO SALAD.....	14
HOT ORIENTAL SALAD.....	15
BEAN SALAD.....	15
CORNEED BEEF SALAD.....	15
TOSSED SALAD.....	16

SPINACH SALAD.....	16
BROCCOLI SALAD.....	16
FAVORITE COLE SLAW.....	16
TEXAS SLAW.....	17
MARINATED SLAW.....	17
24 HOUR SLAW.....	17
SLAW.....	17
SLENDER BLENDER DRESSING.....	18
RUSSIAN SALAD DRESSING.....	18
BARBECUE SAUCE.....	18

MAIN DISHES

CHICKEN DIVAN.....	19
CHICKEN DIVAN.....	19
CHICKEN BROCCOLI DIVINE.....	19
CHICKEN BROCCOLI CASSEROLE.....	20
CHICKEN-BROCCOLI QUICHE.....	20
CHICKEN STEW.....	20
CHICKEN AND DUMPLINGS.....	20
CHICKEN AND DUMPLINGS.....	21
CHICKEN PIE.....	21
CHICKEN POT PIE.....	21
BRUNSWICK STEW.....	22
BRUNSWICK STEW.....	22
CHICKEN CASSEROLE.....	22
CHICKEN CASSEROLE.....	22
CHICKEN CASSEROLE.....	23
CHICKEN CASSEROLE.....	23
TACO PIE.....	23
TACO PIE.....	24
ONE DISH HAMBURGER AND MACARONI.....	24
ENGLISH BEEF POT PIE.....	24
ONE POT CASSEROLE.....	25
CASHEW NUT BEEF CASSEROLE.....	25
SWEET AND SOUR MEAT LOAF.....	25
MEAT LOAF.....	26
HAMBURGER CASSEROLE.....	26
ITALIAN SPAGHETTI.....	26
LASAGNE.....	27
HAMBURGER PIE.....	27
MAZETTIE.....	27
CRITTENTON CASSEROLE.....	28
BEEF AND POTATO LOAF.....	28
BEEF STROGANOFF.....	28
MEXICAN SCRAMBLE.....	29
TEXAS HASH.....	29
OVEN PORCUPINES.....	29
MARSETTI CASSEROLE.....	29
CORNEB BEEF SPECIAL.....	30
BARBECUE BEEF CUPS.....	30
FRIED RICE WITH BEEF AND ONIONS.....	30
GERMAN BEEF STEW.....	31
HAPPY ACCIDENT SHRIMP CASSEROLE.....	31
QUICK AND EASY SHRIMP CREOLE.....	31
SHRIMP CHOW MEIN.....	32
IMPERIAL CRAB CASSEROLE.....	32

CRABMEAT QUICHE.....	32
OYSTER PIE.....	33
WEIGHT WATCHERS BARBEQUE TUNA.....	33
STUFFED PORK CHOPS FOR THE CROCK-POT.....	33
PORK CHOP CASSEROLE.....	34
TOURTERE DE NOEL.....	34
SPICY PORK AND CABBAGE FOR THE CROCK-POT.....	35

MEATS, POULTRY & SEAFOOD

ORIENTAL ROAST PORK.....	37
BEEF TIPS ON RICE.....	37
MARINATED ROAST.....	37
HERBED BEEF KABOBS.....	38
SWISS STEAK WITH MOZZARELLA.....	38
CHICKEN BITES.....	38
BAKED CHICKEN SOUFFLE.....	39
SWEET AND SOUR CHICKEN.....	39
JADE TREE CHICKEN.....	39
FIX NOW BAKE LATER CHICKEN.....	40
BARBECUED CHICKEN.....	40

VEGETABLES

FRIED GREEN ONIONS.....	41
ONION CASSEROLE.....	41
VEGETABLE MEDLEY WITH CONFETTI DIP.....	41
MARINATED CARROTS.....	42
SUNSHINE CARROTS.....	42
NANNY'S CANDIED YAMS.....	42
COTTAGE POTATOES.....	42
PARTY POTATOES.....	43
QUICK HASH BROWN POTATOES.....	43
SCALLOPED POTATOES.....	43
POTATO CASSEROLE.....	43
POTATO CASSEROLE.....	44
CORN SOUFFLE.....	44
GREEN BEAN CASSEROLE.....	44
FRESH GREEN BEAN CASSEROLE.....	44
3 P CASSEROLE.....	45
GREEN AND GOLD CASSEROLE.....	45
CABBAGE CASSEROLE.....	45
ESCALLOPED CABBAGE.....	46
BROCCOLI CASSEROLE.....	46
BROCCOLI CASSEROLE.....	46
BROCCOLI CASSEROLE.....	46
BROCCOLI RICE CASSEROLE.....	47
BROCCOLI CASSEROLE.....	47
OKRA CASSEROLE.....	47
BAKED STUFFED SQUASH.....	47
ZUCCHINI CASSEROLE.....	48
SQUASH CASSEROLE.....	48
SQUASH CASSEROLE.....	48
SQUASH-CARROT CASSEROLE.....	49

BREADS, ROLLS, PIES & PASTRY

CHEESE PIE.....	51
HOMEMADE CHOCOLATE ICE CREAM PIE.....	51
KEY LIME PIE.....	51
ALASKAN ORANGE PIE.....	51
HAWAIIAN PIE.....	52
HAWAIIAN PIE.....	52
FROZEN YOGURT PIE.....	52
FROZEN PIE.....	53
CHOCOLATE COOL WHIP PIE.....	53
LEMONADE PIE.....	53
LEMON PIE.....	53
LEMON PIE.....	53
REBECCA'S LEMON PIE.....	54
LEMON CHEESE TARTS.....	54
LEMON MERINGUE PIE.....	54
SOUTHERN STYLE RAISIN PIE.....	55
PEACH COBBLER.....	55
BEST PEACH COBBLER.....	55
NO CRUST PEACH PIE.....	56
DATE PIE.....	56
FRESH STRAWBERRY PIE.....	56
SOUTHERN STRAWBERRY PIE.....	57
DAMSON PRESERVES PIE.....	57
TRADITIONAL PUMPKIN PIE.....	57
SWEET POTATO PIE.....	57
VON'S SQUASH PIE.....	58
SQUASH COCONUT PIE.....	58
CRUSTY COCONUT PIE.....	58
COCONUT PIE.....	58
COCONUT PIE.....	59
IMPOSSIBLE PIE.....	59
OWN CRUST EGG CUSTARD.....	59
CHOCOLATE CHESS PIE.....	59
CHOCOLATE PIES.....	59
FUDGE PECAN PIE.....	60
NUDGE'S "OH SO GOOD PIES".....	60
PECAN PIE.....	60
PECAN PIE.....	61
PECAN PIE.....	61
PECAN PIE.....	61
MOTHER'S PECAN PIE.....	61
BROWN SUGAR PIE.....	62
MOTHER'S OLD-FASHIONED VINEGAR PIE.....	62
PIE CRUST.....	62
ANGEL BISCUITS.....	62
HURRY-UP BUTTERHORN ROLLS.....	63
REFRIGERATOR ROLLS.....	63
QUICK CHEESE BREAD.....	63
ONION BREAD.....	64
SKILLET CORN BREAD.....	64
SALMON SOUTHERN CORNBREAD.....	64
TEXAS CORN BREAD.....	64
ZUCCHINI NUT BREAD.....	65
BANANA SPICE LOAF.....	65
COFFEE CAN SALLY LUNN.....	65

CAKES, COOKIES, FROSTINGS & CONFECTIONS

RED VELVET POUND CAKE.....	67
FIVE FLAVOR POUND CAKE.....	67
NELL'S LEMON POUND CAKE.....	67
CARAMEL NUT POUND CAKE.....	68
MRS. BARRINGER'S POUND CAKE.....	68
POUND CAKE.....	68
CHOCOLATE POUND CAKE.....	69
FOUR FLAVOR POUND CAKE.....	69
KENTUCKY POUND CAKE.....	69
CREAM CHEESE POUND CAKE.....	70
BUTTERNUT POUND CAKE.....	70
COLD OVEN POUND CAKE.....	70
BUNDT POUND CAKE.....	71
ORANGE CRUSH POUND CAKE.....	71
PINEAPPLE POUND CAKE.....	71
NORWOOD "WEAKLY" POUND CAKE.....	72
CARAMEL NUT CAKE.....	72
RED DEVIL'S FOOD CAKE.....	72
COCONUT CAKE.....	73
GREAT COCONUT CAKE.....	73
CARROT CAKE.....	74
RAISIN CAKE.....	74
CHESS CAKE.....	74
OOWIE GOOWIE CAKE.....	75
PUNCH BOWL CAKE.....	75
IRENE'S APPLE CAKE.....	75
APPLE CAKE.....	76
CHRISTMAS APPLE CAKE.....	76
1-2-3-4 CAKE.....	76
PEANUT BUTTER CRUMB CAKE.....	77
PETER PAUL CAKE.....	77
PINCH CAKE.....	77
SUPREME CAKE.....	78
PINEAPPLE CHIFFON CAKE.....	78
COLD LEMON CAKE.....	78
LEMON PINEAPPLE CHEESE CAKE.....	78
COFFEE CAKE.....	79
SOUR CREAM COFFEE CAKE.....	79
BANANA SPLIT CAKE.....	80
EASY PEANUT BUTTER COOKIES.....	80
SWEDISH BUTTERNUT COOKIES.....	80
PUMPKIN COOKIES.....	81
1-2-3-4 COOKIES.....	81
THOMAS JEFFERSON'S BACHELOR BUTTONS.....	81
LADY FINGERS.....	81
CRISP COCOA COOKIES.....	82
CAKE MIX COOKIES.....	82
KENTUCKY COOKIES.....	82
CHOCOLATE PECAN COOKIES.....	83
CHOCOLATE CHIP COOKIES.....	83
ORANGE-OATMEAL COOKIE BARS.....	83
CREAM CHEESE COOKIE BARS.....	84
MERINGUE COOKIES.....	84
PECAN COOKIE SQUARES.....	84
CRISP SUGAR COOKIES.....	84

OLD-FASHIONED OATMEAL COOKIES.....	85
OATMEAL DATE COOKIES.....	85
COOKIES FOR DIABETICS.....	86
CREAM CHEESE ICING.....	86

DESSERTS

PECAN ROLLS.....	87
PEANUT BRITTLE.....	87
CREAM CHEESE MINTS.....	87
HOLIDAY FUDGE.....	87
RUBY'S PEANUT BUTTER FUDGE.....	88
CHERRY ICE CREAM.....	88
MILKY WAY ICE CREAM.....	88
BUTTER PECAN ICE CREAM.....	88
ORANGE SHERBET.....	89
GERMAN CHOCOLATE ICE CREAM.....	89
LEMON CHEESECAKE ICE CREAM.....	89
HOMEMADE ICE CREAM.....	89
YOU ALWAYS ASK FOR SECONDS.....	90
GRAHAM CRACKER DELIGHTS.....	90
MR. GARRETT'S POPCORN BALLS.....	91
CHRISTMAS TREAT.....	91
PEANUT BUTTER BALLS.....	91
ORANGE BALLS.....	91
BUTTERNUT BALLS.....	92
CONGO SQUARES.....	92
BUTTERSCOTCH SQUARES.....	92
CURRIED FRUIT.....	92
NILLA FRUIT ROLLS.....	33
APPLE CRISP.....	93
APPLE CHEESE CRISP.....	93
CRANBERRY-APPLE CASSEROLE.....	94
CRANBERRY-APPLE CASSEROLE.....	94
FROZEN STRAWBERRY DESSERT.....	95
STRAWBERRY ANGEL FOOD DESSERT.....	95
SWEET POTATO PUDDING.....	95
BANANA PUDDING.....	95
DATE PUDDING.....	96
CHOCOLATE DESSERT.....	96
BUTTERSCOTCH TORTE.....	96
CHIPS 'N MAC DELIGHT.....	97
CHOCOLATE ECLAIR CAKE.....	97
CHOCOLATE ECLAIR DESSERT.....	98
CHEW BREAD.....	98
DELICIOUS BROWNIES.....	98
LEMON SQUARES.....	99
PETITE CHERRY CHEESECAKES.....	99
CHEESE CAKE.....	99
PETRA'S DELICIOUS CHEESECAKE.....	100

BEVERAGES, SANDWICHES & MISCELLANEOUS

HOT ORANGE JUICE PUNCH.....	101
ORANGE MINT JULEP.....	101
CREAMY HOT CHOCOLATE MIX.....	101
PINK LADY PUNCH.....	101

VEGETABLE SANDWICHES.....	102
CROCK-POT APPLE BUTTER.....	102
EGG CASSEROLE.....	102
WILD RICE CASSEROLE.....	102
MACARONI AND CHEESE.....	103
MUSHROOM PILAF.....	103
OLD-FASHIONED DRESSING.....	103
BARLEY CASSEROLE.....	104

Thank You...

YOUR PURCHASE OF THIS UNUSUAL COOKBOOK
HAS HELPED A WORTHY ORGANIZATION
RAISE NEEDED FUNDS

**NOW YOUR CHURCH, SCHOOL OR OTHER GROUP
CAN USE THIS EASY, PROVEN PLAN TO**

Raise \$300 to \$3,000
and more, without risk or investment!

Friends, neighbors, relatives will be delighted to buy your cookbooks. **Recipes are submitted by your members**, so books are available only from your group. And they're **PERSONALIZED** with the name of your organization and names of members whose recipes are used. We help you every step of the way and **we guarantee your success!** NO INVESTMENT, NO RISK. Fill out and mail postage-free card below for full facts. Do it NOW!



The Original Personalized Community Cookbook Publishers
410 Highway 72 West
P.O. Box 340 • Collierville, TN 38017

OR
For Free Facts
CALL TOLL-FREE!
1-800-351-7822, Ext. 5
(In TN, call 1-800-325-1994, Ext. 5)

ONLY FUNDRAFT
COOKBOOKS OFFER
ALL THIS AT NO
EXTRA COST!
Full color cover design or
your own cover design
•
10 full color section
dividers
•
Full recipe Index
•
4 local information pages,
local photo of your choice
•
26 pages of helpful
cooking information

**RETURN THIS CARD NOW FOR FULL FACTS
WITHOUT COST OR OBLIGATION!**

FUNDRAFT PUBLISHING,

410 Highway 72 West, P.O. Box 340
Collierville, Tennessee 38017

YES! We're interested in your no-risk; no investment fund-raising plan.
Please rush full facts.

Organization _____ No. of
Members _____

Your Name _____

Address _____

City _____ State _____ Zip _____

***If you belong
to an organization
that needs money,
RETURN THIS
POSTAGE-PAID
CARD NOW
for FREE
fund-raising facts!***

OR

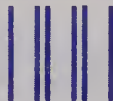
For Free Facts

CALL TOLL-FREE!

1-800-351-7822, Ext. 5

(In TN, call 1-800-325-1994, Ext. 5)

(Tear along perforation, fill in other side and mail)



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST CLASS PERMIT NO. 58 COLLIERVILLE, TN

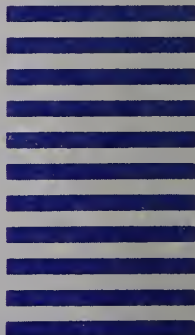
POSTAGE WILL BE PAID BY ADDRESSEE

Fundcraft Publishing

410 Highway 72 West

P.O. Box 340

Collierville, TN 38017



TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE — A dish served between the chief courses, before the roast.

FONDUE — A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

Helpful Cooking Hints

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

MEAT		WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

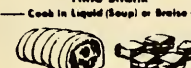
Retail Cuts



Ground Beef **Meat of Round**
Roast (Bake), Broil, or Braise or Cook in Liquid
Panbroil, Panfry, Braise



Mind Shank



Roller Flank **Flank Meat**
Braise or Cook in Liquid



Flank Steak **Flank Steak Fillets**
Braise



Plate "Boiling" Beef **Roller Short Ribs** **Short Ribs**
Braise or Cook in Liquid



Brisket **Corned Beef**
Braise, Cook in Liquid, or Cook in Liquid



Shank Knuckle **Cross Cut Fore Shank**
Cook in Liquid Soup, Braise



English Cut

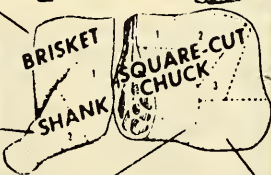


Arm Pot Roast



Arm Steak

Wholesale Cuts



Roller Neck

Retail Cuts



Round Steak **Top Round** **Bottom Round (Swiss Steak)**
Braise Braise Braise



Roller Rump **Standing Rump**
Braise or Roast



Sirloin Steak **Pin Bone Sirloin Steak**
Broil, Panbroil, Panfry



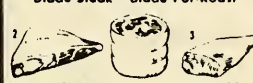
Porterhouse Steak **T-Bone Steak** **Club Steak**
Broil, Panbroil, Panfry



Standing Rib Roast **Roller Rib Roast** **Rib Steak**
Roast Braise Broil, Panbroil, Panfry



Blade Steak **Blade Pot-Roast**



Triangle Boneless Chuck Pot-Roast **Boneless Chuck Pot-Roast** **Shoulder Fillet**
Braise



Boneless Neck

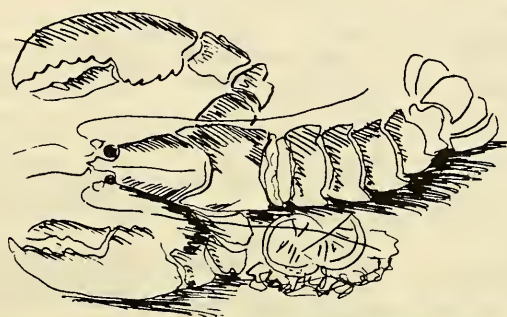


Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Asparagus</i>	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
<i>Beans, green or wax</i>	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
<i>Navy Beans, dried</i>	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
<i>Beets</i>	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
<i>Broccoli</i>	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins.
			10-15 min. Total
<i>Brussels Sprouts</i>	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
<i>Cabbage, green</i>	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
<i>Carrots</i>	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
<i>Cauliflower</i>	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Helpful Cooking Hints

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Celery</i>	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
<i>Corn</i>	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
<i>Eggplant</i>	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
<i>Mushrooms</i>	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
<i>Okra</i>	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Parsnips</i>	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
<i>Peas, Green</i>	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Spinach</i>	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
<i>Zucchini</i>	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
<i>Tomatoes</i>	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Helpful Cooking Hints

Calorie Counter

CANDIES, SNACKS AND NUTS

Calories

Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

Pudding:

Bread Pudding	1/2 cup	150
Flavored Puddings	1/2 cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsweet.)		0

Calorie Counter

BREADS AND FLOUR FOODS

Calories

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

Ice Cream:

Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150

Miscellaneous:

Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

Calories

FRUITS

Apple (raw)	1 small.	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3 ½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3 ½ ounces	340
Pot Roast (round)	3 ½ ounces	200
Rib Roast	3 ½ ounces	260
Rump Roast	3 ½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3 ½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
------	-------------	--------------

Meat, Poultry or Fish

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

Sandwiches

Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads

Salads, Casseroles

Potato Salad	4 ¼ qts.	4½ gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

Vegetables

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products -		
Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) 2 tablespoons flour
 1 cup sifted cake flour 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.

1 cup cream, sour, thin 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg 2 egg yolks for custards.

1 cup molasses 1 cup honey.

1 package active dry yeast 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated 1 small fresh onion.

1 tablespoon prepared mustard 1 teaspoon dry mustard.



Favorite Recipes



Recipe Name

Page No.

Notes



Favorite Recipes



Recipe Name

Page No.

Notes

**Copyright © 1977
BY**

**Fundcraft Publishing, Inc.
P.O. Box 340, Collierville, TN**

UNIVERSITY OF N.C. AT CHAPEL HILL



00030715744

FOR USE ONLY IN
THE NORTH CAROLINA COLLECTION

